

Tucson Meditation Group Newsletter

Vol. 17, Issue 3

July August September 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

Sunday:
Meditation 9 - 9:50 a.m.
Reading 10 - 11 a.m.

Wednesday:
Meditation
6 - 8 p.m.

Friday:
Meditation
7 - 8:30 p.m.

July August September 2006 Special Commemorative Services

Tuesday, July 25th, 2006	7pm - 9pm	<i>Mahavatar Babaji Commemoration</i>
Wednesday, August 16th, 2006	7pm - 9pm	<i>Janmashtami</i>
Tuesday, September 26th, 2006	7pm - 9pm	<i>Lahiri Mahasaya Mahasamadhi</i>
Saturday, September 30th, 2006	7pm - 9pm	<i>Lahiri Mahasaya Birthday</i>

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.

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

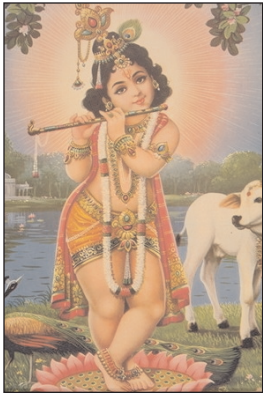
relationship. Bring a flower as a symbol of devotion and a donation, if you are able, in a sealed envelope as a symbol of loyalty to SRF. All donations are sent to Mother Center.

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 Krishna



He who perceives Me everywhere and beholds everything in Me never loses sight of Me, nor do I ever lose sight of him. That yogi stays forever in Me, who, anchored in

divine unity whatever his mode of existence, realizes Me as pervading all beings.

Aum. Peace. Amen.

(Passage taken from the Bhagavad Gita)

What is Janmashtami?

Janmashtami is the day historically given as the birthday of Lord Krishna. The celebrations traditionally begin the day *before* Janmashtami with fasting, prayers and devotion. Then, at midnight the Janmashtami festival begins and continues on through the entire day with feasting, celebrations, flowers and prasada. Throughout India, temples and homes are beautifully decorated and lit with brilliantly colored, twinkling lights and candles. Lamps are lit, idols of Lord Krishna are placed throughout the home and devotees throng to the Krishna temples to offer tribute to Krishna, who like Jesus, came to earth as a human and through his preaching gave the world the beautiful, Divinely-inspired message of the Bhagavad Gita, the most revered book in Hinduism. Make the conscious effort to celebrate and honor Krishna this Janmashtami by offering to him a heart full of love and devotion.

SRF World Convocation Aug. 6-12th, 2006

There's still time to register! Don't miss the event that many SRF devotees consider the highlight of their spiritual year. Each year, thousands of SRF devotees from around the planet gather in Los Angeles for an inspiring week of spiritual renewal and fellowship. Events include a series of "How To Live" classes that focus on practical ways to apply spiritual principals to

daily life, important SRF meditation technique review classes, Kriya Initiation ceremonies, enlightening Satsangas, special videos, pilgrimages, energizing kirtans, group meditations and some of the most inspirational, insightful talks you're like to ever hear. For detailed information, visit www.yogananda-srf.org.

6-Hour Meditations

In the upcoming months, TMG will offer several opportunities for long devotional group meditations. Master often spoke and wrote about the importance of group meditation and the exchange of energies which occur while meditating in a group setting. Indeed, it is a necessity to go long and deep with your personal meditations if you wish to find the Divine Beloved. Following the lead of the SRF Temples, we will be holding 6-hour meditations on the Saturdays following each of the various Guru

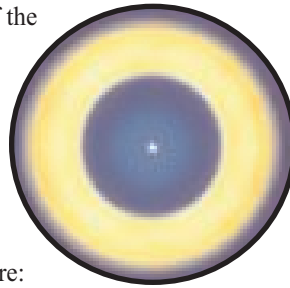
Commemoration Services throughout the year. All are welcome and deeply encouraged to attend. The upcoming dates are:

Sat., July 29th.....Babaji Meditation

Sat., Aug. 19th.....Krishna Meditation

Sat., Oct. 7th.....Lahiri Mahasaya Meditation

(All of the above meditations are 9am - 3pm)



Annual Picture Rocks

Retreat: Oct. 14th, 2006

Once again, it's time to **mark your calendars** 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 spiritually-enriching day will be hosted and conducted by the monks from the Phoenix Temple and is always a sell out. The 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! 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

New Bookroom Items

The TMG bookroom is always open before and after any scheduled service. If the bookroom is unstaffed and you wish to make a purchase, please do so using the convenient Self-Serve envelopes. Simply add up your purchases, add on the appropriate amount for sales tax (the tax chart is on the table) and slip the envelope into the sales slot. Please support our bookroom as its sale help fund our ongoing TMG operations. Be sure and check out the new items, available after Convocation 2006!

Wednesday & Friday Evening Meditations

Please consider joining your fellow devotees every Wednesday and Friday evening for group meditation (see schedule on pg. 1.) Master was serious when he taught, "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". 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. This is an excellent opportunity to serve our group! Currently, chapel cleanings are typically scheduled on the 3rd Saturday of the month:

Saturday, July. 15th 8 - 10 am

*** Saturday, Aug. 12th 8 - 10 am**

Saturday, Sept. 16th 8 - 10 am

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

Council Phone Numbers

Jackie Kinman, Coordinator.....325-6869
Lydia Anderson, Secretary.....795-5343
Mark Beckloff, Treasurer270-1885

"In Thy blessed light I shall remain awake forever, watching Thy precious omnipresent face with ever vigilant eyes through all the eons of eternity."

- Paramahansa Yogananda, Metaphysical Meditations