



Calgary Meditation Group Newsletter May and June 2010



Located at 4727 - 17 Ave NW, Calgary, AB
403 262 2762 www.srfcalgary.ca calgarymanagingteam@gmail.com

Special Services

These special services begin at 7:30pm with a silent meditation; the service follows from 8 - 9pm. Please bring a flower as a symbol of your love and devotion to the Guru and a donation in an envelope as a symbol of your loyalty and faithfulness to SRF. All special service donations are sent directly to Mother Center to be used in connection with the Guru's work.

Sri Yukteswar Birthday - Monday, May 10, 7:30 - 9pm



Special Activities

**Tea and Cookie Social - Sunday, May 30th
&
Sunday, June 13th**

Immediately following the morning service, this is a good opportunity to meet with other devotees for fellowship. Everyone is welcome. Please bring a vegetarian finger food or dessert to share.

Spring Retreat - May 28, 29 & 30

Beaver Lodge in Golden, B.C. Please register with Managing Team by e-mail at: calgarymanagingteam@gmail.com. The cost to attend is \$197.00 per person which includes taxes & gratuity.

New SRF Website

We are pleased to announce the launch of a new Self-Realization Fellowship website.

The new website which went live this week is a “virtual ambassador” of the teachings of Paramahansa Yogananda and the worldwide organization he founded. It offers a rich multimedia experience, with audio/video of Paramahansaji and a number of his direct disciples. Visitors will enjoy kirtan chanting with SRF monastics, guided meditations, as well as extensive new content available on Paramahansaji and his teachings such as the “How-to-Live” Wisdom section.

Log on to WWW.Yogananda-srf.org to view all of the exciting new features. While there, you may wish to sign up for our E-newsletter to receive monthly news and inspiration from the Self-Realization Fellowship worldwide community.

Services and Classes

- Services, meditations and Gita classes are held in the upper level chapel
- Sunday School is held in the lower level; entrance by side door
- Donations are greatly appreciated; collections are made during Sunday morning and Thursday evening services
- Book Store is open immediately after Sunday morning service

SUNDAY

10:30 – 10:50am	Meditation	
11am - 12noon	Reading service	Short periods of meditation
10:30am – 12noon	Sunday School *May 9, 30 and June 13 *	
7 – 9pm	Meditation service	Meditation periods approx. 45 min.

TUESDAY and THURSDAY

5:45 – 6am	Energization Exercises	
6 – 7:30am	Meditation and Healing service	Full hour meditation

TUESDAY

7 – 8:30pm	Gita Class	
	Readings from the Bhagavad Gita; begins and ends with meditation periods	

THURSDAY

7:30 – 9pm	Inspiration and Healing service	Meditation periods approx. 30 min.
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***Note: Service is extended 1 hour to 10 pm on the first Thursday of each month. Anyone not wishing to stay may leave quietly at 9pm**

SATURDAY

6am – 12noon	Meditation service	Meditation periods approx. 45 min
7am	Energization Exercises	
10am	Energization Exercises	

You may enter or exit on the hour; in courtesy to others please do so during a chant

Upcoming Sunday Readings

May 2	Vol. 3 #17	Increasing the Power of Initiative
May 9	Vol. 3 #19	Mothers: Manifestations of God’s Love
May 16	Vol. 3 #18	The Dream Fabric of Life
May 23	Vol. 3 #20	The Oneness of Religion
May 30	Vol. 3 #21	Eliminating Fear
June 6	Vol. 3 #22	Self Analysis: Key to Mastery of Life

June 13	Vol. 3 #23	Four Fundamental Ways to Realize God
June 20	Vol. 3 #24	Spiritual Marriage
June 27	Vol. 3 #25	Seeing God as the Sole Doer

For more information or assistance:

If you have any questions about the group, or would like to make suggestions of any kind, please feel free to leave a message on our answering service at **403 262 2762**, through email at calgarymanagingteam@gmail.com, or you may directly contact Managing Team.

Managing Team:

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Sunday School Coordinator

Elisabeth Fayt

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Calgary Group Sunday School: Fostering a peaceful, loving environment where spiritual values are developed in an attitude of joy and sharing

Wisdom of the Great Ones

"The mother's love is not given to us to spoil us with indulgence, but to soften our hearts, that we may in turn soften others with kindness, and free struggling souls from the hard knots of bondage to the world."

Paramahansa Yogananda