

Sunday Potluck Social

Sunday, February 26th

Immediately following the Reading Service, this is a good opportunity to meet with other devotees for fellowship. Everyone is welcome. Bring your family and friends, and a vegetarian finger food or dessert to share.

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 — Please note the new format for Sunday mornings. We have been including a 45 min. silent (guided) meditation beginning at 10 am, followed by the usual one-hour Reading Service from 11-12. Therefore, we ask that you arrive either before 10 am if you plan on attending the meditation, OR between 10:45 and 11:00 o'clock if you attend on just attending the Reading Service. Latecomers for the Reading Service, we ask that you enter through the side door and enter the chapel during a chant. Thank you for your co-operation.

NOTE: NO MORNING OR EVENING SERVICES ON SUNDAY, JAN 1ST.

SUNDAY

10:00 – 10:45 am	Silent Meditation	Guided by reader
11:00 am - 12 noon	Reading service	Short periods of meditation
10:45 am – 12 noon	Sunday School	
7:00 – 9:00 pm	Meditation service	Meditation periods approx. 45 min.

TUESDAY

7:00 – 8:30pm Gita Class
Readings from the Bhagavad Gita; begining and ending with
meditation periods

THURSDAY

7:30 – 9:00* pm Inspiration and Meditation periods
Healing service approx. 30 min.

***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 –Note, Saturday meditation now begins at 7 am (not 6 am). You may enter or exit on the hour. In courtesy to others, please follow the new procedure for arriving or exiting mid-morning by using the side door and entering the chapel during a chant period only, OR simply arrive or exit as Energization Exercises are being conducted. Thank you for your co-operation.

SATURDAY

7am – 12noon Meditation service Meditation periods
approx. 45 min
7 am & 10 am Energizatin Exercises
performed in the
basement.

Upcoming Sunday Readings

January 8	Vol. 1 #52	Controlling Your New Year's Destiny
January 15	Vol. 1 #49	Finding the Joy in Life
January 22	Vol. 1 #50	The Nature of a Master
January 29	Vol. 2 #1	Kriya Yoga - Royal Science of Realization
February 5	Vol.2 #2	The Art of Developing Memory
February 12	Vol. 2 #3	Why Life's Tests Are Thrust Upon Us
February 19	Vol. 2 #4	Making the Most of Sundays
February 26	Vol. 2 #5	Unite Your Will With the Infinite

Sunday School Dates:

Sunday, January 15, 2012
Sunday, January 29, 2012
Sunday, February 12, 2012
Sunday, February 26, 2012

For more information or general group 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:

Elisabeth Fayt	info@elisabethfayt.com
Kunal Khanna	kunalkhanna1@gmail.com
Greg Mather	seedproductions@shaw.ca

Sunday School Coordinator

Tessa Partridge	tessabird@gmail.com
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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

"You have played many roles through many incarnations. But they were all given to entertain you – not to frighten you. Your immortal soul cannot be touched. In the motion picture of life you may cry, you may laugh, you may play many parts; but inwardly you should ever say, "I am Spirit." Great consolation comes from realization of that wisdom."

Paramahansa Yogananda