

# Nashville Meditation Group of Self-Realization Fellowship

Newsletter: January – April 2012

---

## About Self-Realization Fellowship

Self-Realization Fellowship is a worldwide religious movement with headquarters in Los Angeles, CA, which was founded in 1920 by Paramahansa Yogananda. The main purpose of SRF is to teach definite, scientific techniques for attaining direct and personal experience of God. SRF is also dedicated to promoting a greater harmony among the world's various religions by teaching the fundamental principle of religion: how to commune personally with God. The Nashville Meditation Group of Self-Realization Fellowship is composed of devoted members and friends of Self-Realization Fellowship, and our members make every effort to abide by SRF principles and practices.

## Services

### Sunday Morning

Meditation 10:00 a.m. – 10:45 a.m.

Readings 11:00 a.m. – 12:00 noon

Sunday School 11:00 a.m. – 12:00 noon (3<sup>rd</sup> Sunday monthly)

**Please note:** The Meditation Service remains in progress from 10 – 10:45 a.m. on Sunday mornings. Those who arrive at the Center earlier than 10:45 a.m. for the 11:00 a.m. Reading Service are welcome to remain quietly in the foyer in order not to disturb the Meditation Service still in progress. Thank you for your consideration.

### Thursday Evening

Energization Exercises 7:10 p.m. – 7:30 p.m.

Meditation 7:30 p.m. – 8:30 p.m.

### Sunday School

We welcome members with young children to enroll them in Sunday School, which meets on the 3<sup>rd</sup> Sunday of each month during the 11 a.m. Reading Service. Sunday School is structured for children from age 4 through 12. Children under 4 years of age may attend if accompanied by a parent unless prearranged with the teacher. Please call Joni Bishop 742-8043 to enroll your child or if you have any questions.

---

*From Metaphysical Meditations, by Paramahansa Yogananda:*

- *Thou unseen Charmer of Souls, Thou art the fountain flowing from the bosom of friendship. Thou art the rays of secret warmth that unfold buds of feeling into blossoms of endearing, soulful words of poetry and loyalty.*
- *As I radiate sympathy and goodwill to others I open the channel for God's love to come to me. Divine love is the magnet that attracts all blessedness.*
- *God's vastness I glimpsed in the skies of quietness. His joy I tasted in the fountains of my existence. His voice I heard in my unsleeping conscience.*
- *O Father, break the boundaries of the little waves of my life that I may join the ocean of Thy vastness.*

## Information

<b>Chapel Location</b>	<b>Web site:</b> <a href="http://srfnashville.org">http://srfnashville.org</a>
2913 Berry Hill Drive	<b>E-mail:</b> <a href="mailto:srfnashville@gmail.com">srfnashville@gmail.com</a>
Nashville TN 37204	<b>Voicemail:</b> (615) 463-7410

**Heading east on Woodmont Blvd:** turn left at West Iris (the 1<sup>st</sup> traffic light after crossing over Interstate 65), then take the 1<sup>st</sup> left-hand turn onto Berry Hill Dr.

**Heading west on Thompson Ln:** turn right at West Iris (the 1<sup>st</sup> traffic light after Bransford Blvd.), then take the 1<sup>st</sup> left-hand turn onto Berry Hill Dr.; 2913 is the last house on the left side of Berry Hill Dr.

### Parking

There is plenty of parking in front of the building. Please walk around the building to the entrance in the back of the house. Please do not park in the cul-de-sac across the street, as it must be kept clear in case emergency vehicles need to turn around. Thanks for your cooperation.

### Bookstore and Library

SRF books, videos, and tapes may be purchased in our bookroom after the Sunday and Thursday services. Applications for the SRF Lessons, a home-study course containing the essence of Paramahansa Yogananda's teachings, are also available. We also welcome members and friends to make use of our lending library.

### Donations

Sunday service donations to the Nashville Meditation Group of Self-Realization Fellowship help provide funds for the rent of our building, chapel supplies, and other expenses necessary for maintaining and providing improvements to our chapel. In addition, donations made at Special Commemorative Services are sent to the SRF Mother Center to help bring these teachings to other truth-seeking souls. Thank you for your spiritual and material support.

### Volunteer Opportunities

The Nashville Meditation Group of SRF is supported and maintained entirely by the efforts and energies of our members and friends. If you are interested in serving in the Sunday School, ushering for services, chapel cleaning, and grounds maintenance, or any other areas, please contact our group coordinator, Anne Ross – 337-9285, or other volunteers, Barbara Nicholson 385-0363, Jeanne Bellinger - 859-6164, Marty Rather – 776-2240 or Steve Mason – 473-8819.

**To contact Mother Center:** Self-Realization Fellowship, 3880 San Rafael Ave, Los Angeles, CA, 90065-3298. Phone: (323) 225-2471. SRF Web site: <http://www.yogananda-srf.org/>

---

*“Always remember that you belong to no one, and no one belongs to you. Reflect that some day you will suddenly have to leave everything in this world—so make the acquaintanceship of God now. Prepare yourself for the coming astral journey of death by daily riding in the balloon of God-perception. Through delusion you are perceiving yourself as a bundle of flesh and bones, which at best is a nest of troubles. Meditate unceasingly, that you may quickly behold yourself as the Infinite Essence, free from every form of misery. Cease being a prisoner of the body; using the secret key of Kriya, learn to escape into Spirit.” -- Lahiri Mahasaya, as quoted in Autobiography of a Yogi by Paramahansa Yogananda*

## Special Events

Wednesday, January 5 <sup>th</sup> <b>Birthday of Paramahansa Yogananda (1893)</b> 7:30 – 8:30 PM
Sat., Jan. 8 <sup>th</sup> <b>Paramahansa Yogananda Commemorative Long Meditation</b> 9:00 – 1:00 PM
Wednesday, March 7 <sup>th</sup> <b>Mahasamadhi of Paramahansa Yogananda (1952)</b> 7:30 – 8:30 PM
Thursday, March 8 <sup>th</sup> <b>Thursday Night Service (Led by visiting monastics)</b> <i>Energization 7:10 PM; Service 7:30 – 8:30 PM ; Welcome Social 8:30 – 9:45 PM;</i>
Friday, March 9 <sup>th</sup> <b>Mahasamadhi of Sri Yukteswar (1936) – (Led by visiting Monastics)</b> <i>Energization TBA; Service TBA;</i>
Saturday, March 10 <sup>th</sup> <b>Daytime Group Activity; Evening Chapel Event (details to follow).</b>
Sunday, March 11 <sup>th</sup> <b>Regular Schedule (with Monastics) – Social Potluck afterwards.</b>
May 4 <sup>th</sup> thru 6 <sup>th</sup> – <b>SRF Regional Retreat – Cahutta Springs, GA</b> – See <a href="http://www.srfatlanta.org">www.srfatlanta.org</a> for details. <u>Will need to register soon to ensure spot is reserved.</u>
Saturday, May 19 <sup>th</sup> <b>Fordsville, KY Day Retreat RSVP</b> <a href="mailto:bob.robey@gmail.com">bob.robey@gmail.com</a> 270-314-8470
Jan 15, Feb 19, <b>March 11*</b> , April 15 <b>Pot Luck Socials</b> <span style="float: right;">12:00 Noon</span>

### Commemorative Services

These Self-Realization Fellowship Services are held to commemorate the birthdays and *mahasamadhis* of our great Gurus. All are welcome to attend who are well enough acquainted with the SRF teachings to understand the Guru-disciple relationship and to participate in the ceremony with sincerity and reverence. Please bring a flower to be offered as a symbol of your devotion to God and Gurus and a donation in an envelope as a symbol of your loyalty and faithfulness to the work of SRF.

### Sunday Readings Service January – April , 2012 Vol. I, 1-18

Date	Lesson #	Title
1-Jan	1	Kriya Yoga – The Bliss-Filled Path to God
8-Jan	2	Faith, Belief, and Wisdom
15-Jan	3	Power to Light Your Way
22-Jan	4	Three Kinds of Heaven
29-Jan	5	Vital Health Laws
5-Feb	6	How Active Westerners Can Realize God
12-Feb	7	The Necessity of Religion
19-Feb	8	The Way to Be Happy at Will
26-Feb	9	The Cosmic Awareness of Saints
4-Mar	10	Regain Your Divine Heritage
11-Mar	11	Creating & Destroying Habits at Will
18-Mar	12	The Secret of Spiritual Success
25-Mar	13	Peace: the Altar of Heaven
1-Apr	14	The Place of Money in the Spiritual Life
8-Apr	16 *Easter*	The True Significance of Resurrection
15-Apr	15	Healing by God’s Unlimited Power
22-Apr	17	What is Love?
29-Apr	18	Anchor Yourself in God

---

*Giving love to all, feeling the love of God, seeing His presence in everyone... that is the way to live in this world. – Paramahansa Yogananda*

**The Nashville Meditation Group  
of Self-Realization Fellowship  
2913 Berry Hill Dr.  
Nashville TN 37204**