

# Nashville Meditation Group of Self-Realization Fellowship

Newsletter: January through April 2020

2913 Berry Hill Drive  
Nashville, TN 37204

*“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”*

Paramahansa Yogananda

## Regular Service Schedule at the Nashville Meditation Center

### Sunday Morning

Meditation 10:00 a.m. – 10:45 a.m. (see note below)

Reading 11:00 a.m. – 12:00 noon

**NOTE:** The Sunday morning Meditation Service remains in progress from 10:00 – 10:45 a.m. Maintaining a quiet environment is very important. **Please make every effort to arrive before 10:00 a.m. so you will be seated when it begins.**

If you arrive after 10:00 am and before 10:45 a.m., please wait outside the building or in your vehicle to help maintain a quiet, meditative environment inside the chapel.

Thank you for your consideration.

### Wednesday Evening

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

**Saturday Morning Meditation**– Periodically we will have a 3-hour meditation on Saturday mornings from 9:30 to 12:30. Energization exercises, weather permitting, begin at 9:15. There will be periods of chanting each hour to allow attendees to come or go during these periods. If you are interested in knowing when there will be a longer meditation please sign the special sheet on the table in the foyer area or reply to this email to request your email address be added to the notification email.

## Commemorative Services at the Nashville Center

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.

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Jan 5	Sunday	10:00 to 10:45 am	Birthday of Paramahansa Yogananda
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Jan 11	Saturday	9:00am to 3:00pm	Birthday of Paramahansa Yogananda
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Mar 1	Sunday	10:00 to 10:45 am	Mahasamadhi of Paramahansa Yogananda
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Mar 8	Sunday	10:00 to 10:45 am	Mahasamadhi of Sri Yukteswar
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**NOTE:** The regular Sunday Reading Service will follow the services held on Sunday morning

# Fellowship Opportunities at the Nashville Meditation Center

## Pot Luck Socials

Following the Reading Service on at least one Sunday each quarter we share a potluck vegetarian meal and have the opportunity to socialize with other members and friends. Please plan to join us.

- **March 15 (3rd Sunday) – Vegetarian Potluck Social –Annual Business Meeting for our Center – everyone is welcome and encouraged to attend.**

We are interested in adding some activity in addition to the meal. If you have suggestions or requests please let us know.

## Tea and Refreshments

Following the Sunday Reading service we will periodically have a formal opportunity to fellowship after the service and share in light refreshments and hot tea. This is a wonderful opportunity to meet and share with fellow devotees and guests.

- Jan 5 – 1<sup>st</sup> Sunday – Yogananda's Birthday
- Jan 19 – 3<sup>rd</sup> Sunday
- Feb 16 - 3<sup>rd</sup> Sunday
- April 19 - 3<sup>rd</sup> Sunday

**Facebook Group:** [Nashville Meditation Group of Self-Realization Fellowship](https://www.facebook.com/groups/377338932382540/) is open to SRF Members to join. <https://www.facebook.com/groups/377338932382540/>

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## Volunteer Opportunities at the Center

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 being a service leader or reader, ushering for services, chapel cleaning, grounds maintenance, or any other areas, please contact our group coordinator, Jeanne Bellinger at [srfnashville@gmail.com](mailto:srfnashville@gmail.com)

There is a notebook on the table in the foyer with brief descriptions.

"Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become." - Paramahansa Yogananda

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## Special activities information

**Jan 5, 2020** – SRF Mother Center will livestream an event at 11:30 am central time (9:30 PST) to inaugurate the centennial of Paramahansa Yogananda's coming to America and founding Self-Realization Fellowship. The event will be led by SRF/YSS President Brother Chidananda on the birth anniversary of Paramahansa Yogananda. Please note that even if you are not able to join the event as a livestream, it continues to be available for some period of time on both the SRF website as well as the SRF YouTube channel. (there are a number of past livestream events also available for viewing)

**Jan 11, 2020 the Nashville Meditation Group will have a 6 hour meditation to celebrate the birthday of Paramahansa Yogananda. A number of other temples and centers are celebrating on the same day.**

This Saturday 6 hour meditation is a commemorative service and in order to maintain the vibration of this special occasion, we request that all attendees arrive at the beginning, 9 am. Even though there will be periods of chanting and readings during the period, we ask that attendees do not come and go. There will be a break at noon and you may leave at that time if you can only attend half of the day. Because of the vibration created in the morning we ask that you do not arrive at noon and join the service. These guidelines are customary for SRF temples and centers.

Remember to bring a piece of fruit and monetary donation in an envelope as a symbol of your love and loyalty to God and Guru.

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| 8:30am        | Weather permitting we will do energization exercises as a group                            |
| 9:00 to 12    | Meditation and chanting with short readings or recordings on the hour                      |
| 12 – 12:30    | Silent break – if you can only stay ½ a day you may leave in silence                       |
| 12:30 to 2:30 | Meditation and chanting with short readings or recordings on the hour                      |
| 2:30 to 3 pm  | Closing chant, short meditation with prayer for others, healing service and closing prayer |

**Self-Realization Fellowship Nashville Meditation Group**  
**January through April 2020**  
**Volume 3**

	2020	Vol #3	Reading Topic
###	5-Jan	1	Attunement with a True Guru
	12-Jan	2	Man – The Image of God
	19-Jan	3	Meditation – the Transcendental Way to God
	26-Jan	4	How to Rise Above Your Problems
	2-Feb	5	Habits – Your Master or Your Slave?
	9-Feb	6	Lord, Possess us with Thy Love
	16-Feb	7	The Science of Affirmation
	23-Feb	8	The Dream Nature of the World
###	1-Mar	9	Secrets of Success
###	8-Mar	10	*** <i>Daylight savings begins</i> *** Follow the Path of the Great Ones
	15-Mar	11	Seek God Through Kriya Yoga
	22-Mar	12	How to Get Along with Others
	29-Mar	14 *	In God Is All Happiness
	5-Apr	15	Life Energy – the Power That Heals
	12-Apr	13 * <i>(Easter)</i>	The Easter Message of Immortality
	19-Apr	16	Increasing the Power of Intuition
	26-Apr	17	The Balanced Life

### There is also a commemorative service on this Sunday morning from 10:00 – 10:45am