

The Chicago Meditation Group of Self-Realization Fellowship

JANUARY FEBRUARY MARCH 2010

REGULARLY SCHEDULED SERVICES

SUNDAYS:

9:00am- 9:20am Energization Exercises
 9:30am- 10:40am Meditation Service
 11:00am-12:00pm Reading Service
 See schedule below Kirtan Meditation

WEDNESDAYS:

10:30am-12:00pm Lessons Study Group

THURSDAYS:

(1st & 3rd each month)

7:30pm- 8:30pm 2nd Coming of Christ Study Group

THURSDAYS:

(2nd & 4th each month)

7:30pm- 9:00pm Meditation and Healing Service

SATURDAYS:

(1st & 3rd each month)

9:00am-12:00pm 3 Hour Meditation Service

Children's Sunday School at 11:00am on the 1st and 3rd Sunday of the month

JAN	Saturday	2 nd	3 Hour Meditation.....	9:00am- 12:00pm
	Sunday	3 rd	Regular Sunday Service/ Sunday School	11:00am- 12:00pm
	Tuesday	5 th	Paramahansa Yogananda Birthday Commemoration	7:30pm- 8:30pm
			<i>(Chapel opens at 6:30pm. There will be a Birthday cake after the service)</i>	
	Saturday	9 th	Paramahansa Yogananda Comm. Meditation	10:00am- 4:00pm
			<i>(Please bring a fruit as a symbol of reverence & devotion for the Guru)</i>	
	Sunday	10 th	Kirtan Meditation.....	9:00am- 10:40am
			Managing Council Meeting	12:15pm- 2:00pm
	Thursday	14 th	Meditation and Healing Service.....	7:30pm- 9:00pm
	Sunday	17 th	Regular Sunday Service/ Sunday School /Social Tea	11:00am- 12:00pm
Saturday	23 rd	3 Hour Meditation.....	9:00am- 12:00pm	
Sunday	24 th	Regular Sunday Service	11:00am- 12:00pm	
		Service Readers Meeting	12:15pm- 1:30pm	
Thursday	28 th	Meditation and Healing Service.....	7:30pm- 9:00pm	
Sunday	31 st	Kirtan Meditation.....	9:00am- 10:40am	
FEB	Saturday	6 th	3 Hour Meditation.....	9:00am- 12:00pm
	Sunday	7 th	Regular Sunday Service/ Sunday School	11:00am- 12:00pm
	Thursday	11 th	Meditation and Healing Service.....	7:30pm- 9:00pm
	Sunday	14 th	Kirtan Meditation.....	9:00am- 10:40am
			Managing Council Meeting	12:15pm- 2:00pm
	Saturday	20 th	3 Hour Meditation.....	9:00am- 12:00pm
	Sunday	21 st	Regular Sunday Service/ Sunday School/Potluck	11:00am- 12:00pm
	Thursday	25 th	Meditation and Healing Service.....	7:30pm- 9:00pm
	Sunday	28 th	Kirtan Meditation.....	9:00am- 10:40am
			General Meeting	12:00pm- 1:00pm
MAR	Saturday	6 th	3 Hour Meditation.....	9:00am- 12:00pm
	Sunday	7 th	Regular Sunday Service/ Sunday School	11:00am- 12:00pm
			Paramahansa Yogananda Mahasamadhi Comm	12:15pm- 1:15pm
	Tuesday	9 th	Sri Yukteswar Mahasamadhi Commemoration	7:30pm- 8:30pm
			<i>(Chapel opens at 6:30pm. Please see Comm. Services on the reverse)</i>	
	Thursday	11 th	Meditation and Healing Service.....	7:30pm- 9:00pm
	Sunday	14 th	Kirtan Meditation.....	9:00am- 10:40am
			Managing Council Meeting	12:15pm- 2:00pm
	Saturday	20 th	3 Hour Meditation.....	9:00am- 12:00pm
	Sunday	21 st	Regular Sunday Service/ Sunday School /Social Tea	11:00am- 12:00pm
Thursday	25 th	Meditation and Healing Service.....	7:30pm- 9:00pm	
Sunday	28 th	Kirtan Meditation.....	9:00am- 10:40am	

Meditations

Meditation services provide members and students with an opportunity to practice together the methods of concentration and meditation taught in the Self-Realization Fellowship Lessons. Those who do not know any specific technique of meditation are also welcome to attend. In order for all devotees to derive the maximum benefit from the group meditations, these recommendations are strongly encouraged to limit disturbing others:

- Enter the chapel on time. If you must leave early, do so during a chant.
- Please sit down quietly.
- Attire for meditation and services should reflect a respectful attitude toward God and Gurus, the teachings, and be appropriate for attending any religious service.
- Please avoid wearing perfume or other scents as a courtesy to other members.

Kirtan Meditations

Kirtan is devotional singing to God, accompanied by traditional Indian instruments such as harmonium, tablas, cymbals, and bells. This service allows for longer chanting periods and helps us dive deeper in meditation. Kirtan meditations are held on Sunday mornings, once or twice a month.

Sunday Reading Service

This weekly 11:00am service includes inspirational readings, prayers, chants, and shorter periods of meditation. If you are new to our group, we suggest you first attend this service. Please follow the guidelines above under "Meditations." After the service, there is an informal opportunity to meet members of the group.

Meditation and Healing Service on Thursday Evenings

This meditation and chanting service is followed by a time in which we meditate and pray for physical, mental, and spiritual healing for ourselves, for others, and for world brotherhood and peace. Together, we practice the spiritual healing techniques taught by our founder Paramahansa Yogananda, explained in the free booklet, Worldwide Prayer Circle. Requests for prayers may be placed in the prayer box on the table in the chapel.

Commemoration Services

Special commemoration services are held to honor the birthdays and mahasamadhis of the SRF line of Gurus. All who attend are requested to bring a flower as a symbol of devotion and an offering in an envelope as an expression of loyalty and support of the Guru's work.

Bookroom

Our bookroom has SRF books, CD's, DVD's, and other items for purchase, as well as applications for the SRF weekly lessons. Our bookroom is open on Sundays only, before and after the Reading Service.

Service Opportunities

All members and students of the SRF lessons are welcome to serve as ushers, altar attendants, service readers, bookroom volunteers, and to assist with chapel cleaning. Not only is this a good way to show our appreciation for the benefits we receive from attending, but it is also a chance to make spiritual friends. Sign-up sheets are located on the bulletin board and on the bookroom table.

Potluck Luncheons and Social Teas

Each month, our group has either a Potluck Luncheon or Social Tea following one of the Sunday services. Everyone is welcome to attend. Social teas are an opportunity for newcomers to meet members and learn more about our group. Those attending Potlucks may bring a vegetarian dish to share.

The Chicago Meditation Group is composed of members and friends of Self-Realization Fellowship, the worldwide organization founded by Paramahansa Yogananda. **We are located at 10031 Roosevelt Rd. Suite 220, Westchester, IL. 60154** For more information, please contact Jane McNally at 630-264-2507 (janemcna144@gmail.com) or Rich Schnadig at 847-373-1930 (prinart1972@aol.com) or see our web site at **www.chicagomeditationgroup.org**.