

# Houston Meditation Group

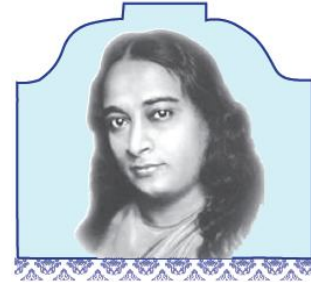
## Of Self-Realization Fellowship

3425 Golf Drive, Houston, Texas, 77018-6225 \* Phone: 713-263-7272 \* www.srfhouston.org

July – September, 2010

### DAYS OF SERVICE AND FELLOWSHIP

*“This is the way of knowing the Lord through activity. When in every action you think of Him before you act, while you are performing the action, and after you have finished it, He will reveal Himself to you. You must work, but let God work through you; this is the best part of devotion. If you are constantly thinking that He is walking through your feet, working through your hands, accomplishing through your will, you will know Him.” – Paramahansa Yogananda.*



Everything the Houston Meditation Group does is accomplished through the work of volunteers. Our next Days of Service are on: **July 10, August 14, & September 4.** We start with a prayer and short meditation in the chapel from 8:30-8:45 a.m. The morning is dedicated to working on the chapel grounds. Refreshments and lunch are provided so that all who serve are also served. Please join us! For more information contact Erica Bailey at 281-923-2962.

### SATURDAY MEDITATION RETREATS

Houston Meditation Group holds meditation retreats at our chapel on the 4th Saturday of every month. Meditation Retreats include group practice of Energization Exercises, longer periods of chanting, and extended meditation. Intermission is at 1:00. If you are unable to attend the entire day, you may join us for part of the day. Please enter the chapel only during chanting, reading or during the afternoon break from 1:00-1:30. Please be mindful of not disturbing others during meditation.

### COMMEMORATIVE SERVICES – 8:00 p.m.

**July 25,** Mahavatar Babaji Commemorative Service  
**September 2,** Janmashtami, Krishna’s Birthday Commemorative Service  
**September 26,** Lahiri Mahasaya’s Mahasamadhi Commemorative Service

### WEEKLY SERVICES AT THE CHAPEL

#### SUNDAY

**Energization Exercises:** 9:40 – 10:00 am

**Meditation:** 10:00 – 10:45 am

**Reading Service:** 11:00 – 12:00 pm

**Sunday School:** 11:00 – 12:00 pm

Sunday School is offered for children ages 3 to 12. Sunday School presents Paramahansa Yogananda’s how-to-live spiritual principles for children. We also have a nursery where younger children and their parents may enjoy the service.

#### MONDAY

Lesson Study Group: 7:00 – 9:00 pm

For information please call Tony Zanakos at (713) 668-6064.

#### THURSDAY

Meditation Service: 7:30 – 9:30 pm

Meditation Service: *(First Thursday of the month)*  
7:00 – 10:00 pm

#### SATURDAY

All-Day Meditation Retreats: 9:00 – 4:00 pm

**July 24**

**August 28**

**September 25**

## Schedule of Services

### July

July 4	Vol. II, #26	<i>Patriotism That Will Endure</i>
July 11	Vol. II, #28	<i>Whence Comes Happiness?</i>
July 18	Vol. II, #29	<i>Laws of Love and Truth</i>
July 25	Vol. II, #30	<i>What is the Soul?</i>

### August

August 1	Vol. II, #31	<i>Devotion That Touches God</i>
August 8	Vol. II, #32	<i>Surmounting Life's Troubles</i>
August 15	Vol. II, #33	<i>Proof of the Existence of God</i>
August 22	Vol. II, #34	<i>Health Through Union with Cosmic Life</i>
August 29	Vol. II, #35	<i>Man's Greatest Duty – To Remember God</i>

### September

September 5	Vol. II, #36	<i>What is 'Salvation'?</i>
September 12	Vol. II, # 37	<i>Life – A Cosmic Motion Picture</i>
September 19	Vol. II, #38	<i>Hastening Human Evolution</i>
September 26	Vol. II, #39	<i>Finding God in Family Life</i>

## HMG PROPERTY UPDATE

Donations are vital for maintaining all meditation groups and are greatly appreciated. We are dedicating ourselves to pay-off the mortgage on Master's Chapel as soon as possible. To contribute to the Building Fund, from which our mortgage is paid, please make all check donations payable to: "Self-Realization Fellowship" **not to** HMG (Please indicate Houston Meditation Group Building Fund in the memo section). Your contribution is greatly appreciated. Checks are accepted for book sales. Cash donations are used for local expenses.

#### *Mail donations to:*

Self-Realization Fellowship International Headquarters  
3880 San Rafael Avenue, Los Angeles, California 9065-3298.

#### *Or to:*

The Houston Meditation Group  
3425 Golf Drive, Houston, Texas, 77018.

## Calendar of Events

### July

*Saturday, July 10*  
Day of Service and Fellowship  
8:30 a.m. – 1:00 p.m.

*Sunday, July 11*  
Juice Social after Reading Service

*Saturday, July 24*  
Meditation Retreat at the Chapel  
9:00a.m. – 4:00p.m.

*Sunday, July 25*  
Mahavatar Babaji  
Commemoration Service: 8:00 p.m.

### August

*August 1-7*  
Convocation, Los Angeles  
Saturday, August 14

*Saturday, August 14*  
Day of Service and Fellowship  
8:30 a.m. – 1:00 p.m.

*Sunday, August 22*  
General Business Meeting  
and Potluck

*Saturday, August 28*  
Meditation Retreat at the Chapel  
9:00a.m. – 4:00p.m.

### September

*Thursday, September 2*  
Janmashthami, Krishna's Birthday  
Commemorative Service: 8:00 p.m.

*Saturday, September 4*  
Day of Service and Fellowship  
8:30 a.m. – 1:00 p.m.

*Sunday, September 12*  
Juice Social after Reading Service

*Saturday, September 25*  
Meditation Retreat at the Chapel  
9:00a.m. – 4:00p.m.

*Sunday, September 26*  
Mahasamadhi of Lahiri Mahasaya  
Commemorative Service: 8:00 p.m.

*Thursday, September 30*  
Birthday of Lahiri Mahasaya  
Commemorative Service: 8:00 p.m.

## SERVICE WITH LOVE

*Volunteers are needed for: Renovation & Maintenance • Landscape & Gardening • Cleaning Chapel & Multi-purpose building • Sunday School • Kirtan Group • Ushering.*

**Flowers** – Flowers symbolize the love and devotion we offer to God and Guru. Every week our chapel is decorated with fresh flowers. If you would like to help with the flowers please contact Beverly Tuttle at 713-254-4044.

**Housekeeping** – Light housekeeping is done every week to make the space inviting. The hours are flexible and all are welcome. If you would like to help, for even a few hours, please contact Corey Minck at 713-480-3245.

**Landscape & Gardening** – Our beautiful grounds need a crew of up to 10 people to trim, mow, weed and fertilize the grounds regularly. If you would like to help on the grounds please contact Don Akers at 281-360-7533.

**Socials** – Socials provide an opportunity to spend time with fellow devotees – these events are especially beneficial to newcomers. If you would like to help with these events, please contact Erica Bailey at 281-923-2962

### COUNCIL MEMBERS

Coordinator  
Jose Guzman  
281-704-4749

Secretary  
Charlotte White  
832-689-2012

Treasurer  
Fernando Coye  
713-377-1352

Committee Liaison  
Erica Bailey  
281-923-2962

Newsletter  
Jon Kolas  
832-515-9550

Bookroom  
Tony Zanakos  
281-704-6562

Sunday School Liaison  
Bob Minck  
281-419-0651

### COMMITTEE CHAIRS

Readers' Coordinator  
Don Stockard, 936-273-9479

Kirtan Group  
David Thompson, 713-857-2451

Sunday School  
Bob Minck, 281-419-0651

Housekeeping  
Corey Minck, 281-480-3245

Grounds  
Don Akers, 281-360-7533

Bookroom  
Tony Zanakos, 281-704-6562

Ushers  
Ignacio Sanchez, 713-301-9446

Flowers  
Beverly Tuttle, 713-254-4044

Maintenance Department  
Ernest Adicks

### SERVICE

*“Life should be chiefly service. Without that ideal, the intelligence that God has given you is not reaching out toward its goal. When in service you forget the little self, you will feel the big Self of Spirit.*

*As the vital rays of the sun nurture all, so should you spread rays of hope in the hearts of the poor and forsaken, kindle courage in the hearts of the despondent, and light a new strength in the hearts of those who think that they are failures. When you realize that life is a joyous battle of duty and at the same time a passing dream, and when you become filled with the joy of making others happy by giving them kindness and peace, in God's eyes your life is a success. ”*

– Paramahansa Yogananda.

*Monday Night Lessons Study Group and Thursday Night Long Meditation Service -  
Notes and Quotes:*

Many of the Houston area devotees who have attended the Monday night Lesson Studies Group and the Thursday night Long Meditation will heartily vouch for the veracity of the quotes given below. The Houston Meditation Group encourages all to participate in our regularly scheduled meditations for the sake of their own spiritual evolution, that of the group, and as a means of sending vibrations of Peace and Love to the entire world.

*“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.” ...*

*“Why shouldn’t you strengthen your own vibrations through fellowship with people seeking Self-Realization, and by group meditation with them? This practice will fortify your own spiritual convictions; you will find that many seemingly insuperable barriers in your life will crumble and dissolve in the waters of meditation. Your devotion and love for God will commingle with the devotion and love of others. Divine bliss will radiate from you, helping all persons you meet.” – “Seeking God Together” by Paramahansa Yogananda*

*“Many SRF centers, groups and meditation circles have found it beneficial to include a long meditation in their weekly schedule of services. Participating members find that the united devotion and concentration of the group is a special source of help and encouragement when they sit to meditate for longer periods of time. ‘United minds,’ Paramahansaji said, ‘are bigger channels through which God’s power flows in a mightier way to individual souls.’ When devotees meditate together, they often discover that they are able to make a greater spiritual effort, which helps them to achieve a deeper state of stillness and to experience God’s presence in a more tangible way.” – Self Realization Fellowship “Manual of Services”*

*“On the throne of silent thoughts the God of peace is directing my actions today. I will usher my brothers into the temple of God through the door of my peace.” – Paramahansa Yogananda*