

# Houston Meditation Group

## Of Self-Realization Fellowship

3425 Golf Drive, Houston, Texas, 77018-6225 \* Phone: 713-263-7272 \* [www.srfhouston.org](http://www.srfhouston.org)

### January– March, 2012

#### DAYS OF SERVICE AND FELLOWSHIP

Everything the Houston Meditation Group does is accomplished through the work of volunteers. Our next Days of Service are on: **Saturday, January 14, Saturday, February 4, and Saturday, March 3.** 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!



#### SATURDAY MEDITATION RETREATS

Houston Meditation Group holds meditation retreats at our chapel usually 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 1:00p.m. 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.

*Please note that the early meditation period begins at 7:00 p.m.*

**January 5,** Paramahansa Yogananda's Birthday Commemorative Service.

**January 7,** Paramahansa Yogananda's Birthday Commemorative Meditation.

**March 7,** Paramahansa Yogananda's Mahasamadhi Commemorative Service.

**March 9,** Sri Yukteswar's Mahasamadhi Commemorative Service.

#### QUARTERLY ALL-DAY OPEN MEDITATION

Saturday, January 21 from 8:00 am to 8:00 pm. Devotees may enter or exit the meditation quietly at any time during the day and stay for as long as they wish. There are no readings or chants.

#### WEEKLY SERVICES AT THE CHAPEL

##### SUNDAY

**Energization Exercises:** 9:40 – 9:55 a.m. **Meditation:** 10:00 – 10:45 a.m.

**Reading Service:** 11:00 – 12:00 p.m.

**Sunday School:** 11:00 – 12:00 p.m.

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 an infant room where younger children and their parents may enjoy the service.

##### MONDAY

Lesson Study Group: 7:00 – 9:00 p.m.

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

##### THURSDAY

Meditation Service: 7:30 – 9:30 p.m.

Meditation Service: (*First Thursday of the month*)  
7:00 – 10:00 p.m.

##### SATURDAY

**All-Day Meditation Retreats: 9:00 a.m. – 4:00 p.m.**

January 7

February 25

March 24

## Schedule of Services

### January

January 1	Vol. I	#1	<i>Kriya Yoga — The Bliss-Filled Path to God</i>
January 8	Vol. I	#2	<i>Faith, Belief, and Wisdom</i>
January 15	Vol. I,	#3	<i>Power to Light Your Way</i>
January 22	Vol. I,	#4	<i>Three Kinds of Heaven</i>
January 29	Vol. I,	#5	<i>Vital Health Laws</i>

### February

February 5	Vol. I,	#6	<i>How Active Westerners Can Realize God</i>
February 12	Vol. I,	#7	<i>The Necessity of Religion</i>
February 19	Vol. I,	#8	<i>The Way to be Happy at Will</i>
February 26	Vol. I,	#9	<i>The Cosmic Awareness of Saints</i>

### March

March 4	Vol. I,	#10	<i>Regain Your Divine Heritage</i>
March 11	Vol. I,	#11	<i>Creating and Destroying Habits at Will (Daylight Saving Time Begins)</i>
March 18	Vol. I,	#12	<i>The Secret of Spiritual Success</i>
March 25	Vol. I,	#13	<i>Peace, the Altar of Heaven</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

### January

*Thursday, January 5, 2012*  
Paramahansa Yogananda's  
Birthday Commemoration Service  
8:00 p.m. – 9:00 p.m.  
Early meditation begins at 7:00p.m.

*Saturday, January 7, 2012*  
All-Day Meditation Celebration of  
Paramahansa Yogananda's  
Birthday 9:00a.m. – 4:00p.m.

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

*Saturday, January 21*  
All-Day Open Meditation  
8:00 a.m. – 8:00 p.m.

*Sunday, January 29*  
Budget Meeting and Social  
After 11:00 a.m. Reading Service

### February

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

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

### March

*Saturday, March 3*  
Day of Service and Fellowship,  
8:30 a.m. – 1:00 p.m.

*Wednesday, March 7*  
Paramahansa Yogananda's  
Mahasamadhi Commemorative  
Service  
8:00 p.m. – 9:00 p.m.  
Early meditation begins at 7:00p.m.

*Friday, March 9*  
Sri Yukteswar's Mahasamadhi  
Commemorative Service  
8:00p.m. – 9:00p.m.  
Early meditation begins at 7:00p.m.

*Saturday, March 24*  
Meditation Retreat at the Chapel  
9:00 a.m. – 4:00 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 Gulzar Rehman at 281-855-3886.

**Grounds Maintenance** – 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 Corey Minck at 281-480-3245.

**Socials and Events** – 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 Vasudhaven Sudhakar.

*Please join us on our next Day of Service!*

### Managing Team

Jose Guzman: 281-704-4749

Gulzar Rehman: 281-855-3886

Don Stockard: 936-273-9479

*“In being of spiritual, mental, and material service to others, you will find your own needs fulfilled. As you forget self in service to others you will find that, without seeking it, your own cup of happiness will be full.”*

*- Paramahansa Yogananda*

### COMMITTEE CHAIRS

Readers' Coordinator  
Ruthann Pechulis, 713-453-4411

Kirtan Group  
David Thompson, 713-857-2451

Sunday School  
Bob Minck, 281-419-0651

Housekeeping  
*Vacant*

Grounds  
Corey Minck, 281-480-3245

Bookroom  
Erika Bailey, 281-923-2962

Ushers  
Michael Cox, 936-581-1374

Flowers  
Beverly Tuttle, 713-254-4044

Socials and Events  
Vasudhaven Sudhakar

General Maintenance  
*Vacant*

### 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.*

“God is attracted to the compassionate heart. He comes to that pure-sighted devotee who relates to Him as the One hidden within every form. Think of each person as none other than the Lord Himself, wearing a disguise to see how you will react.” – Sri Daya Mata

“In every human heart there is an emptiness only God can fill. Make it your priority to find God.” – Sri Daya Mata

“When good comes to you, share it first with God. When any adversity comes, give it to God and ask His help. When you don’t understand something, take it to God; talk it over with Him and pray for guidance and right understanding. In other words, relate to God everything in your life.” – Sri Daya Mata

“The soul’s nature (as individualized Spirit) is bliss: a lasting, inner state of ever-new, ever changing joy. This bliss eternally gives unfading joy to one who attains it, even when he is passing through trials of physical suffering or death.” – Paramahansa Yogananda

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”- I Corinthians 3:16. “If you can clarify and expand your mind through meditation and receive God in your consciousness, you too will be free from the delusion of disease, limitations and death.” - Paramahansa Yogananda

“You are a spark of an Eternal Flame. You can hide the spark, but you can never destroy it.” - Paramahansa Yogananda

Affirmation: “I am submerged in eternal light. It permeates every particle of my being. I am living in that light. The Divine Spirit fills me within and without.” - Paramahansa Yogananda

“When you sit in the silence of deep meditation, joy bubbles up from within, roused by no outer stimulus. The joy of meditation is overwhelming. Those who have not gone into the silence of true meditation do not know what real joy is.” - Paramahansa Yogananda