



“Those who live in tune with the attractive force of love achieve harmony with nature and their fellow beings, and are attracted to blissful reunion with God.”

Paramahansa Yogananda



### Directions to Our Center

We are between 12 and 13 Mile Roads on the east side of Southfield Road across from the Home Depot, and just south of the Southfield Plaza mall and the Big Boy restaurant.

Turn in by Bank of America and drive to the building behind it, marked Michigan Trust Bank.

Our chapel is in Suite 204, on the second floor down the hall to your left.

### Our Website

For more information please visit:  
[www.detroitmeditationcenter.org](http://www.detroitmeditationcenter.org)



## Sunday Service Readings

(All are from Volume II)

### January

- 3<sup>rd</sup> – Kriya Yoga – The Royal Science of Realization
- 10<sup>th</sup> – The Art of Developing Memory
- 17<sup>th</sup> – Why Life's Tests Are Thrust Upon Us
- 24<sup>th</sup> – Making the Most of Sundays
- 31<sup>st</sup> – Unite Your Will with the Infinite

### February

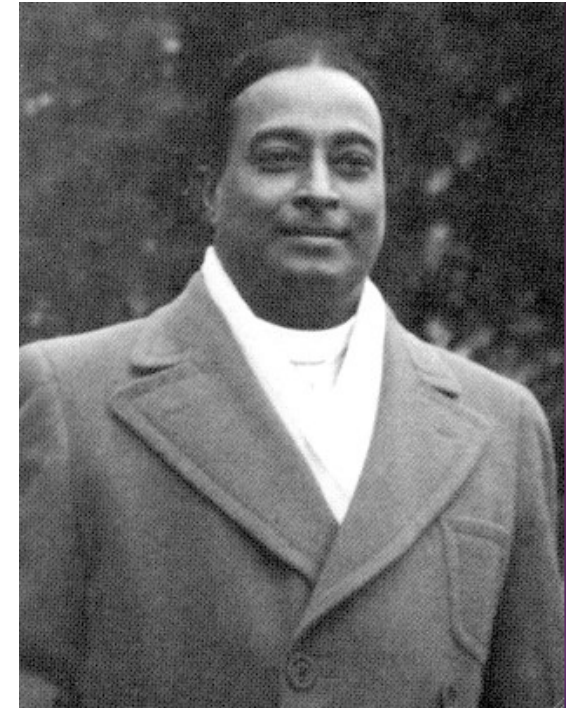
- 7<sup>th</sup> – Satan – The Cosmic Magician
- 14<sup>th</sup> – The Inner Meaning of Self-Realization
- 21<sup>st</sup> – Curing Psychological Intoxication
- 28<sup>th</sup> – Awaken Your Power to Be Happy

### March

- 7<sup>th</sup> – Guru – Channel of Eternal Blessings
- 14<sup>th</sup> – The Meaning of Reincarnation
- 21<sup>st</sup> – Get Acquainted with God
- 28<sup>th</sup> – Jesus Christ and His Teachings

# Detroit Center of Self-Realization Fellowship

## Winter 2010 Newsletter



PARAMAHANSA YOGANANDA

29610 Southfield Road, Suite 204  
Southfield, MI 48076-2000  
Messages (248) 423-7959  
(Or feel free to call one of the individuals listed inside.)

All Are Welcome Always!



Dear Friend,

We invite you to join us for spiritual fellowship whenever you can at the Detroit Center of Self-Realization Fellowship. SRF is a worldwide nonprofit religious organization founded by Paramahansa Yogananda to disseminate Kriya Yoga, a definite scientific technique for attaining direct personal experience of God. His *Autobiography of a Yogi* has introduced truth-seekers all over the world to India's age-old philosophy of Yoga and its time-honored tradition of meditation. The universal teachings of Paramahansa Yogananda offer a science of spiritual exploration—one that enables us to create for ourselves spiritually harmonious lives, and to contribute to a more compassionate and peaceful world.

For more information feel free to call one of the individuals listed below or to visit our website: [www.detroitmeditationcenter.org](http://www.detroitmeditationcenter.org).

In divine friendship,

The Detroit Center of  
Self-Realization Fellowship

Diane Simmons (313) 320-0922  
Cheryl Glasco (248) 855-4182

## WINTER 2010 SCHEDULE

These services are open to all.

The Sunday 11 a.m. service is recommended for newcomers.

### SUNDAYS

#### Meditation Service

10:00-10:40 a.m.

#### Reading Service

11:00 a.m.-Noon

Readings from scripture and the works of Paramahansa Yogananda with brief periods of chanting and meditation.

#### Long Meditation Service

6:00-9:00 p.m.

A three-hour meditation ending with a Worldwide Prayer Circle service.

### THURSDAYS

#### Lessons Study Group 7:00-7:45 p.m.

Participants take turns reading aloud from the lesson of the week, pausing for brief periods of meditation to better absorb the spiritual truths expressed.

#### Meditation Service 8:00-9:00 p.m.

A Meditation Service ending with a Worldwide Prayer Circle service.

The volunteer schedule is always available online:  
[www.detroitmeditationcenter.org](http://www.detroitmeditationcenter.org)

## Announcements

❁ Our next general meeting will be held Sunday, January 17th after the 11 a.m. service. All are welcome to attend.

❁ Sunday School is offered on the second & last Sundays from 11 a.m. to noon and is available for children age 4 and up. (With parental supervision, toddlers are welcome.)

❁ Vegetarian potluck socials are held on the last Sunday of every month immediately following the 11 a.m. service.

Visit our website for ongoing information:  
[www.detroitmeditationcenter.org](http://www.detroitmeditationcenter.org)



## Special Services

All may attend these services who can participate with sincerity and devotion.

#### Birthday of Paramahansa Yogananda

Tuesday, January 5th, 8:00 - 9:00 p.m.  
Please bring a flower and donation if able.

#### Birthday Meditation for Paramahansa Yogananda

Saturday, Jan. 9th, 10 a.m. - 4 p.m.  
Please bring a fruit offering.

#### Paramahansa Yogananda's Mahasamadhi

Sunday, March 7th, 8:00 - 9:00 p.m.  
Please bring a flower and donation if able.

#### Sri Yukteswar's Mahasamadhi

Tuesday, March 9th, 8:00 - 9:00 p.m.  
Please bring a flower and donation if able.