



**Self-Realization Fellowship**  
 FOUNDED 1920 BY PARAMAHANSA YOGANANDA  
**TUCSON MEDITATION GROUP**

**NEWSLETTER**

Once we were strangers, but when we love God, we become brothers and sisters.”

~ *Paramahansa Yogananda*

**Sunday Services 10 - 11 a.m.**

Sept 1st	“Man’s Greatest Duty - To Remember God”
Sept 8th	“What is ‘Salvation?’ ”
Sept 15th	“Life - A Cosmic Motion Picture”
Sept 22nd	“Hastening Human Evolution”
Sept 29th	“Finding God in Family Life”
Oct 6th	“The Most Tempting Temptation”
Oct 13th	“Practical Methods of Spiritual Growth”
Oct 20th	“Reincarnation”
Oct 27th	“Cultivate Your Desire for God”

**Commemoration Services 7 p.m. - 9 p.m.**

Sept 26th, Thursday	Lahiri Mahasaya’s Mahasamadhi
Sept 30th, Monday	Lahiri Mahasaya’s Birthday

Lahiri Mahasaya, a householder, initiated by Mahavatar Babaji in the science of Kriya Yoga was instructed to bestow the sacred technique to all sincere seekers.

<https://yogananda.org/lineage-and-leadership>

**Social**

Sept 15th	Vegetarian Pot-Luck
Oct 13th	Vegetarian Pot-Luck

Following Sunday Services

Oct 26, Sat **Tucson Meditation Group Hike**  
on Mount Lemmon

Contact Robert Frost for details  
rfrost108@gmail.com

**Regional Events**

Saturday November 2, 2019  
**Tucson Meditation Group of Self-Realization Fellowship Annual One Day Retreat**  
 Redemptorist Renewal Center  
 9 am to 4:15 pm

<http://www.tucsonmeditationgroup.com/>

**SRF Resources/TMG Resources**

Bookstore and Lending Library  
 Where you will find SRF publications and recordings for sale.

Visit our Website  
<http://www.tucsonmeditationgroup.com/>

We are on Facebook  
<https://www.facebook.com/SRF108TucsonMeditationGroup/>

Located at: 1702 E. Prince, Suite 140  
 Tucson, AZ 85719

**New to Us?**

If you want to know more about **Self-Realization Fellowship** and the **Kriya Yoga Meditation** techniques, the best introduction is to read “**Autobiography of a Yogi**” published in 1946 by **Paramahansa Yogananda**