

**Princeton Meditation Group  
of Self-Realization Fellowship  
12 Roszel Rd, Suite B201  
Princeton, NJ 08540  
[www.princetonmeditationgroup.org](http://www.princetonmeditationgroup.org)**

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Newsletter

October 2016 - January 2017

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**Dear Fellow Devotees:**

**The Managing Council would like to thank everyone for your continued support to Princeton Meditation Group. Your loyalty and dedication are greatly appreciated and help our group to continue to flourish.**

***Please note the following dates and events:***

- 3 October      **First Monday of the Month Meditation Service** from 6:30PM – 9:30PM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 8 October      **Four Hour Group Meditation** from 7:00 to 11:00 AM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 16 October     **Extended Sunday Meditation Service** from 9:00AM – 10:50AM. Readings Service from 11:00AM – 12:00 Noon. **Sunday School** for children ages 3-10 from 10:50 – 12:00 Noon.
- 30 October     **Service Readers' and Ushers' Meeting** from 12:15 PM to 1:00 PM following the Readings Service.
- 7 November    **First Monday of the Month Meditation Service** from 6:30PM – 9:30PM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 12 November   **Four Hour Group Meditation** from 7:00 to 11:00 AM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 20 November   **Extended Sunday Meditation Service** from 9:00AM – 10:50AM. Readings Service from 11:00AM – 12:00 Noon. **Sunday School** for children ages 3-10 from 10:50 – 12:00 Noon.
- 23 November   The weekly **Inspirational and Prayer Services** will be held this evening at 6:30 PM, rather than on the Thanksgiving Day.
- 5 December    **First Monday of the Month Meditation Service** from 6:30PM – 9:30PM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 10 December   **All Day Christmas Meditation** from 10:00 AM to 5:00 PM. There will be an intermission at approximately 1:30 PM. If you cannot attend the entire 7 hours, you may come for the first half. Guidelines from the Mother Center will be available on the table in the book room before this date.
- 18 December   **Sunday School & Christmas Social:** There will be a Christmas social after the services. All are welcome to attend. You may bring your favorite vegetarian dish to share with other fellow devotees.
- 5 January      **Commemoration of the Birthday of Paramahansa Yogananda**  
6:30 PM to 7:30 PM, Meditation Service.  
7:30 PM to 8:30 PM, Birthday Commemoration Service.

A flower and a voluntary donation in an envelope are customarily brought as symbols of devotion and loyalty to Self-Realization Fellowship and the SRF Gurus for this Special Service. Following the Commemoration Service, cake will be served to celebrate Master's birthday.

- 7 January **Paramahansa Yogananda Commemorative Meditation Service.**  
From 10:00 AM to 4:00 PM. This is a special six hour meditation commemorating the birth of Paramahansa Yogananda held each year at Self-Realization temples, centers, meditation groups and ashrams. There will be an intermission at approximately 1:00 PM. If you cannot attend the entire 6 hours, you may come for the first half.
- 14 January **Four Hour Group Meditation** from 7:00 to 11:00 AM. Chants will be played on the hour. You may enter or leave the Chapel during a chant.
- 15 January **Extended Sunday Meditation Service** from 9:00AM – 10:50AM. Readings Service from 11:00AM – 12:00 Noon. **Sunday School** for children ages 3-10 from 10:50 – 12:00 Noon.
- 21 January **Kirtan & Supper** at the home of Richard & Mary Coleman starting at 5:00PM.

#### **GENERAL INFORMATION:**

Again this year the Princeton Meditation Group will **donate food** to the **Trenton Area Soup Kitchen** Anyone who wishes to join us in this effort for Thanksgiving and the December holidays may bring non-perishable meatless food items to the Chapel. They will be delivered before each holiday.

**Monetary Donations** made to our group are the means by which we are able to pay our expenses. Donations made by check should be made out to the 'Princeton Meditation Group'. Donations are tax deductible.

#### ***Our regularly scheduled Services through December 31, 2016 are as follows:***

Sunday Mornings:	10:00 AM to 10:50 AM	Meditation Service
	11:00 AM to 12:00 Noon	Reading Service
	9:00 AM to 10:50 AM	Third Sunday of Month Extended Meditation Service
Thursday Evenings:	6:30 PM to 7:30 PM	Inspirational Service
	7:30 PM to 7:40 PM	Prayer Service
	7:40 PM to 8:30 PM	Private Meditation
First Monday of the Month	6:30 PM to 9:30 PM	Group Meditation
Second Saturday of the Month	7:00 AM to 11:00 AM	Group Meditation

If you have a question about any of our group's activities, please call Richard Coleman at (609) 731-1849 or Sam Bhattacharya at (732) 329-0324. In the event of inclement weather, please call (609) 902-4850. Our Chapel voice message will advise you when Services have been canceled.

NOTE: If you no longer wish to receive this newsletter or you have an address change, please contact Richard Coleman at the above phone number or e-mail [racmpc@aol.com](mailto:racmpc@aol.com)