



## Albuquerque Meditation Group of Self-Realization Fellowship

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### June 2017

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#### ***Sunday Morning Topics***

June 4 Four Fundamental Ways to Realize God  
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June 25 Ascending to Perfection in God

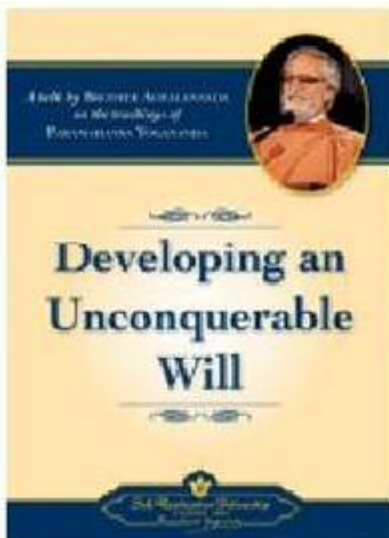
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#### ***Ushers and Greeters training Sunday June 4***

There will be a training for CURRENT and NEW ushers and greeters after the 10 AM service. Please attend if you are already volunteering or if you would like to serve in one or both of these roles.

#### ***Video Night Thursday June 15 7:30pm***

#### ***Developing an Unconquerable Will by Brother Achalananda***



Brother Achalananda, a senior minister and member of the Board of Directors of Self-Realization Fellowship, draws on over fifty years of experience on the spiritual path, discussing how we can discover and express the divine potential of will power within ourselves.

Topics include:

- The relationship between energy and will
- Using will to overcome habits and achieve our goals
- Exerting will versus surrender to God
- Cultivating divine will

This talk was given at Self-Realization Fellowship's 1997 World Convocation in Los Angeles.

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## Regular monthly events

### **Newcomer Guided Meditation**

First Sunday of the Month, 9am-9:45am

### **Chapel Cleaning**

Second Sunday of the month after 10am service.

Join us as we refresh and straighten our chapel and Sunday School. Many hands make light work...about 45 minutes.

### **Kirtan**

Second Thursday of the month, 7:30pm- 8:45pm

Equal parts of chanting and meditation

### **Potluck**

Last Sunday of the month. Join us for the social gathering, good vegetarian food and good company.

## Regular Services

### **Sunday**

9:00 – 9:45am Meditation Service. Energization exercises at 8:35am

10:00 – 11:00am Reading Service

10:00 – 11:00am Sunday School and Youth service

5:00 – 9:00pm Evening Meditation service

Energization exercises begin at 5:00pm, Meditation At 5:30pm, chanting at 6:30, 7:30 and 8:30. All are welcome to stay for the entire time, or to enter or leave at the chanting.

### **Thursday**

6:00 – 7:15pm Meditation Service

7:30 – 8:45pm Inspirational Service