



## Weekly Service Schedule

### **Sunday Services**

Meditation Service 10:00AM - 10:50AM

Reading Service 11:00AM - 12:00PM

### **First Saturday of the Month**

April 6 -- Long Meditation Service 9:00AM - 12:00PM  
Energization Exercises 8:40AM

### **Upcoming Sunday Services**

Apr 7 -- Creating and Destroying Habits at Will  
Apr 14 -- The Secret of Spiritual Success  
Apr 21 -- Peace: The Altar of Heaven  
Apr 28 -- The Place of Money in the Spiritual Life

Dear friends and devotees,  
Please join us for our upcoming April Services. All are welcome to attend.

#### Announcements:

If you would like to volunteer in any capacity, please call 478-213-0667 or email [srfsantonio@gmail.com](mailto:srfsantonio@gmail.com). We hope to see you soon

In Master's Service,  
San Antonio Meditation Group of SRF

## **San Antonio Meditation Group of SRF**

Simply tell God in your own words—quietly, unheard by any other—that you love Him. Tell Him when you are in silent meditation. Tell Him when you are on the busy street or at your desk: “I love You, God. I love You, my Lord.” Let this be your last thought at night before you go to sleep. Try it tonight. It is so beautiful, the greatest joy. As you are falling asleep, as your soul begins to enter the state of restfulness, let your mind softly, sweetly, quietly chant, “My Lord, my Lord, my Love, my Love, my God.”

-Sri Daya Mata  
Enter The Quiet Heart

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