



Minneapolis Meditation Group Of Self-Realization Fellowship

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Services and Events This Week

Wednesday, August 9

7:30–8:30PM Lessons Reading Group (#98)

Saturday, August 12

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

Sunday, August 13

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service

Monday, August 147:30–8:30PM [Janmashtami Commemorative Service](#)**Wednesday, August 16**

7:30–8:30PM Lessons Reading Group (#99)

Saturday, August 19

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

Sunday, August 20

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service

Wednesday, August 23

7:30–8:30PM Lessons Reading Group (#100)

Saturday, August 26

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

Sunday, August 27

9:00AM Energization Exercises

9:30-10:15AM Kirtan Service

10:30-11:30AM Readings Service

Wednesday, August 30

7:30–8:30PM Lessons Reading Group (#101)

Saturday, September 2

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Guided Meditation Service

Sunday, September 3

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service

11:45AM [Vegetarian Potluck](#)

Janmashtami Commemorative Service

Please join us on Monday night, **August 14, at 7:30 p.m.** to remember Bhagavan Krishna—s birthday.

It is customary to bring a flower as a symbol of your love and devotion to the guru, and a monetary donation as a symbol of your loyalty—enclosed in a white envelope—to commemorative services.

We regularly provide flowers and white envelopes for those who cannot make it to the flower shop. You are welcome to attend whether you have a flower or not.

Important SRF News

Please read the **latest news** on the SRF website, about the **legacy of Sri Mrinalina Mata** and whatever else is happening at our Mother Organization.

Vegetarian Potluck

Please join us for our regularly scheduled vegetarian potluck on the first Sunday of the month, on **September 3, 2017**. This is a wonderful opportunity to nourish your mind with the spiritual fellowship of other devotees while pampering your body with tasty and mostly healthy food.

Sunday School Vacation

Sunday School is now on summer break until after Labor Day. Sunday School will resume on Sunday, September 10.

If you have any questions about the Sunday School or the Teen Group, please talk to Tom Austin.

Volunteer Opportunities

Helping the Guru's work brings many blessings to those who serve. We offer various different opportunities to make a divine investment with your time and talents.

Here is a list of positions that currently open:

- [Ushers](#),
- [Flower Arrangements](#),
- [Garland Preparation](#),
- [Landscaping Assistants](#),
- [Electronic Newsletter Editors](#),
- [Drivers](#),
- [Building Maintenance](#), and
- [Cleaning](#).

We will be happy to provide you with all the necessary training for the position. You can communicate directly to the chairperson who is coordinating the volunteers for one of the above positions by clicking on the corresponding link, or you can also contact our [Coordinator](#) if you just want to help wherever you are needed. We appreciate your generosity.

Severe Weather Policy

The Minneapolis Meditation Group has developed a severe weather policy for the safety of our members and friends. Please be advised that Minneapolis Meditation Group services will be cancelled if a severe weather **warning** is issued by the **National Weather Service** that includes our church area (the city of Minneapolis or Hennepin County), within a window of two hours prior to a scheduled service to two hours after a scheduled service. It will be the responsibility of each member to be aware of any severe weather warnings prior to a scheduled service. This includes severe thunderstorm warnings, tornado warnings and winter storm warnings.

A severe weather **warning** indicates that severe weather is occurring in the area, creating dangerous conditions that may be a threat to life or property.

A severe weather **watch** indicates that conditions are favorable for the development of severe weather and provides advance notice.

You may [download](#) a printable copy of this Severe Weather Policy. Please visit [Wikipedia](#) or any other resource for additional information about the **Severe Weather Terminology** in the United States.

Long Meditations

The Minneapolis Meditation Group wants to encourage all its members and friends to attend our beautiful long meditations on Saturday mornings. You can stay as long as you wish. Please remember to try to enter or leave the chapel during a chant which are typically on the hour. Our beloved Guru said about group meditations:

"Why shouldn't you strengthen your own vibrations through fellowship with people seeking Self-realization, and by group meditation with them? This practice will fortify your own spiritual convictions; you will find that many seemingly insuperable barriers in your life will crumble and dissolve in the waters of meditation. Your devotion and love for God will commingle with the devotion and love of others. Divine bliss will radiate from you, helping all persons you meet."

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