



# Minneapolis Meditation Group Of Self-Realization Fellowship

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## Announcements



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### Services and Events This Week

#### Wednesday, October 11

7:30–8:30PM Lessons Reading Group (#104/4)

#### Saturday, October 14

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

#### Sunday, October 15

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service (chapel)

Sunday School (downstairs)

#### Wednesday, October 18

7:30–8:30PM Lessons Reading Group (#105)

#### Saturday, October 21

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

#### Sunday, October 22

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service (chapel)

Sunday School (downstairs)

#### Wednesday, October 25

7:30–8:30PM Lessons Reading Group (#106)

#### Saturday, October 28

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Kirtan Service

#### Sunday, October 29

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service (chapel)

Sunday School (downstairs)

#### Wednesday, November 1

7:30–8:30PM Lessons Reading Group (#107)

#### Saturday, November 4

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

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

#### Sunday, November 5

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

10:30-11:30AM Readings Service (chapel)

Sunday School (downstairs)

11:45AM [Vegetarian Potluck](#)

### Vegetarian Potluck

Please join us for our regularly scheduled vegetarian potluck on the first Sunday of the month, on **November 5, 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](#)

Sunday School for children between 3 and 18 years is provided downstairs during our Sunday Readings Services from 10:30 until 11:30 a.m.

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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