



Minneapolis Meditation Group Of Self-Realization Fellowship

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Announcements



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Services and Events This Week

Wednesday, November 8

7:30–8:30PM Lessons Reading Group (#108)

Saturday, November 11

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

Sunday, November 12

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School (downstairs)

Wednesday, November 15

7:30–8:30PM Lessons Reading Group (#109)

Saturday, November 18

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

5:30–6:00PM Chapel Open for Personal Meditation

6:00PM Refreshments

6:30PM [Movie: On a Quest](#)

Sunday, November 19

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School (downstairs)

Wednesday, November 22

7:30–8:30PM Lessons Reading Group (#110)

Saturday, November 25

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Kirtan Service

Sunday, November 26

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School (downstairs)

Wednesday, November 29

7:30–8:30PM Lessons Reading Group (#111)

Saturday, December 1

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

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

Sunday, December 2

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Upcoming Movie Night

Join us for our [Movie Night](#) on **Saturday, November 18**. We will show *On A Quest* at 6:30 p.m. Please check our [Movie Night page](#) for additional information.

Indian Style Potluck

We will have an *Indian Style Potluck* on **Sunday, December 2, 2017**. The Meditation Group will offer some catered Indian Food, but you are welcome to contribute your own favorite dishes, desserts or beverages. Feel yourself being in a warmer place by dressing up in Indian style if you wish. This will also be your opportunity to buy some Indian style clothing and other items from local devotees.

Upcoming Special Meditation Services

Upcoming special meditation events include

- the All-Day Meditation to honor Master's birthday on **Saturday, December 16, 2017**
- the New Year's Eve Meditation on **Sunday, December 31, 2017**
- the Commemorative Birthday Service for Paramahansa Yogananda on **Friday Evening, January 5, 2018**, and
- the All-Day Meditation to honor Master's birthday on **Saturday, January 13, 2018**

You will find detailed instructions regarding the [All-Day Christmas Meditation](#) on this [web page](#). The **same rules** also apply for the **All-Day Meditation honoring Paramahansa Yogananda** on January 13, 2018.

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.

Snow Emergency Parking

If you are driving to a service after a recent snow fall, call **612-348-SNOW** (7669) to get all the details regarding any snow emergency parking restrictions that may be in effect for Minneapolis. You will need to know that the church is on the **even address side** of the street. You can also check the [Minneapolis City website](#) for up-to-date information.

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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