



# Minneapolis Meditation Group Of Self-Realization Fellowship

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## Announcements



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### Services and Events This Week

#### Wednesday, December 6

7:30–8:30PM Lessons Reading Group (#112)

#### Saturday, December 9

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

#### Sunday, December 10

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School (downstairs)

#### Wednesday, December 13

7:30–8:30PM Lessons Reading Group (#113)

#### Saturday, December 16—All-Day Christmas Meditation

9:00AM Part 1

12:30PM Intermission

1:00-4:00PM Part 2

#### Sunday, December 17

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School (downstairs)

**Wednesday, December 20**

7:30–8:30PM Lessons Reading Group (#114)

**Saturday, December 23**

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Meditation Service

**Sunday, December 24**

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School Vacation

**Wednesday, December 27**

7:30–8:30PM Lessons Reading Group (#115)

**Saturday, December 30**

7:00AM Energization Exercises followed by Meditation Service

9:30AM Intermission

9:35AM Energization Exercises

10:00AM–12:00PM Kirtan Service

**Sunday, December 31**

9:00AM Energization Exercises

9:30-10:15AM Meditation Service

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

Sunday School Vacation

11:00PM-12:30AM **New Year's Eve Meditation**

**Christmas Giving Project**

We are very happy to announce that the Christmas Giving Project for this year will have the same recipient and follow the same format as last year. Vivek Goel will manage the project; the charity is called **Perspectives**, a non-profit that serves children in need and their mothers. If you wish to make a contribution, please make the check payable to Minneapolis Meditation Group or enclose cash in an envelope and write "**Christmas Project**" on it. The **last day to contribute will be December 17.**

**India Day Celebration**

We would like to thank our devotees from India for arranging a wonderful *India Day* celebration for us on Sunday, December 3. It was a great success and the food was marvelous!

**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.

The Sunday School will be in recess over the holidays. The last day of Sunday School in December is Sunday, December 17.

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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