

# Satsang Community Seva Nature Day at MA Center Chicago



Yes, It is that time of year when the final farm harvest is done and the grounds and farm are prepared for the winter season. As the saying goes; “many hands make light work.”

Please join us during this auspicious period of Navaratri by volunteering for the day, doing jobs that will help our farm support Mother Nature, serve Amma and have fun.

Swamiji will be out and about working side-by-side with us providing spiritual inspiration as we put into action Amma’s teachings for embracing nature.

**Date: Saturday, October 1<sup>st</sup>.**

**Start Time and Schedule:**

**9 am- lunch. One hour lunch period. After lunch until 4 pm. Doing seva for both morning and afternoon shifts ensures we can winterize the hoop house, harvest the plants, prepare the orchard and water lilies for winter.**

**Meeting Place: Green Friends building**

**What are the tasks we will do for the day?**

1. Amrita Naturals Farm: Seva includes Ayurveda plant harvest, hoop house winter preparation, and seed saving. It works best if able-bodied people are doing the hoop house sevas. Adults and young adults only.

2. MA Center fruit trees and orchard: Prune trees, trim high grass around the base of trees, remove all fruit at base of trees, deep water, and apply mulch with neem. A perfect seva for families and adults. Young children can easily participate with parental supervision.
3. Winterize water lilies and lotus in the pond. This requires 2 young adults who can swim, operate a row boat and are willing to wade into the pond water waste high. Lifting of 40lbs or more is required.

### **What should I bring to be safe and comfortable working on the farm?**

Bring your trusty water bottle to ensure you and/or your children are hydrated.

This time of year you will want to wear a warm jacket, a long sleeved shirt will protect your arms, a sun hat (particularly for children), closed-toe shoes, (for safety) and pants. **Please bring your own gardening gloves we do not have enough for everyone.** If you have hand pruners please bring them. At this time no rain is predicted. You may want to check the forecast for Elburn before you drive to MA Center in case a shower pops up. Bring rain gear if a brief shower is predicted.

### **I have children under 8 years old. What can they do?**

The children are essential to the seva in the orchard. They can discard all the fallen apples, help shovel the mulch around the trees and do other tasks that are low to the ground and vital to fruit tree health.

### **What if I have physical limitations or I am older and have stamina limitations?**

We have tasks for all physical requirements and ages. Seed saving and some clean-up sevas require lifting of 10 lbs or less with intermittent sitting, standing and walking.

### **If I and/or my family come for the day how do we freshen for the evening satsang with Swamiji?**

Everyone is invited to use the showers in the gym. Just bring your evening clothes, we provide towels and soap.

Let's have a day putting Amma's teachings on caring for Nature into practice.