



# Self-Realization Fellowship Temple - Hollywood

## February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Temple Grounds and Meditation Gardens Open:</b> Tue - Sat 10 AM - 7:30 PM Sunday 8 AM - 7:30 PM	<b>Office &amp; Receptionist (in Upper India Hall) Hours:</b> Tuesday - Friday 10:00 AM - 4:00 PM	<b>Book Room ( in Upper India Hall) Open:</b> Tuesday - Saturday 10 AM - 4 PM Sunday 10:30 AM - 12:30 PM Thursday 9:00 PM - 9:30 PM	<b>Temple Open for Individual Meditation:</b> Tuesday - Saturday 5:30 PM - 7:30 PM		<b>1</b> 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM Three hour Meditation	<b>2</b>
<b>3</b> 8:30 AM Morning Meditation 9:30 AM 1st Lecture Service 9:30 AM Sunday School 11:00 AM 2nd Lecture Service 12:10 PM Introduction to Meditation Hospitality Sunday after both Services 1:30 PM Temple Singers Outreach 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	<b>4</b>	<b>5</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>6</b> 7:30 PM Sadhana Sangha Ages 20 to 40	<b>7</b> 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	<b>8</b> 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM Three hour Meditation	<b>9</b>
<b>10</b> 8:30 AM Morning Meditation 9:30 AM 1st Lecture Service 9:30 AM Sunday School 11:00 AM 2nd Lecture Service 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	<b>11</b>	<b>12</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>13</b>	<b>14</b> 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	<b>15</b> 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM Three hour Meditation	<b>16</b>
<b>17</b> 8:30 AM Morning Meditation 9:30 AM 1st Lecture Service 9:30 AM Sunday School 11:00 AM 2nd Lecture Service 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	<b>18</b> <b>Presidents' Day</b>	<b>19</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>20</b>	<b>21</b> 12:00 PM Introduction to Meditation 8:00 PM Satsanga Service and Prayer Circle	<b>22</b> 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM Three hour Meditation	<b>23</b>
<b>24</b> 8:30 AM Morning Meditation 9:30 AM 1st Lecture Service 9:30 AM Sunday School 11:00 AM 2nd Lecture Service 1:00 PM Senior Devotees Meeting 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	<b>25</b>	<b>26</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>27</b> 7:30 PM Lay Disciple Group	<b>28</b> 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle		

For more information, please visit our website at [hollywoodtemple.org](http://hollywoodtemple.org), or call us at (323) 661-8006  
 Information on Paramahansa Yogananda and the SRF teachings can be found at [yogananda-srf.org](http://yogananda-srf.org)

# Self-Realization Fellowship Temple

BULLETIN

HOLLYWOOD

FEBRUARY 2019

## SUNDAY LECTURE TOPICS

February 3 Uniting Your Will With God's Infinite Power

February 10 Does Satan Really Exist?

February 17 The True Meaning of Self-Realization

February 24 The Way to Mental Freedom

**BROTHER CHIDANANDA, LIVESTREAM LAUNCH EVENT, NEW EDITION OF THE SRF LESSONS – THURSDAY, JANUARY 31, 6:30 PM, GROUP VIEWING IN INDIA HALL:** Those unable to join us for the group viewing of this historic event, may watch the event at the SRF web site: [www.yogananda-srf.org](http://www.yogananda-srf.org), or the following direct link:

[https://www.yogananda-srf.org/NewsArchive/2019/SRF\\_Lessons\\_Launch\\_Event\\_Livestream\\_with\\_Brother\\_Chidananda\\_on\\_January\\_31.aspx](https://www.yogananda-srf.org/NewsArchive/2019/SRF_Lessons_Launch_Event_Livestream_with_Brother_Chidananda_on_January_31.aspx)

**SIGNUP FOR THE MOTHER CENTER PILGRIMAGE, SATURDAY MARCH 2:** All Hollywood Temple devotees are invited to a special afternoon of pilgrimage to Mother Center on Saturday, March 2nd from 1 to 5 PM. The program includes a conducted tour of the beautiful grounds, meditations in the main chapel led by SRF nuns, and a rare visit to Paramahansa Yogananda's shrine. There will also be free time to soak up the beauty, serenity, and the higher vibrations that permeates this spiritual vortex – the center of our Guru's world mission. Capacity is limited to 90 individuals. You are encouraged to sign up early at the [hollywoodtemple.org](http://hollywoodtemple.org) website. For more information, please pick up a flyer in the vestibule or call the temple.

**INTRODUCTION TO MEDITATION – EVERY THURSDAY, 12:00 - 12:30 PM AND ON FEBRUARY 3RD (1ST SUNDAY OF THE MONTH), 12:10 - 12:40 PM:** Held on Thursdays at noon, in the temple, and on the 1<sup>st</sup> Sunday of each month, right after the second service, in Lower India Hall. This class is primarily intended for those new to meditation, but all are welcome. You will learn some of the basic principles for starting your own meditation practice, as taught by Paramahansa Yogananda. These help one calm the mind and interiorize the focus to a higher consciousness.

**HOSPITALITY SUNDAY – SUNDAY, FEBRUARY 3, 10:30 AM AND 12:00 PM:** All are invited to our Hospitality Sunday event after either service on the lawn. The event features refreshments, fellowship, and opportunity to meet new spiritual friends.

**SADHANA SANGHA – WEDNESDAY, FEBRUARY 6, 7:30 PM:** Our young adult group for men and women meets with a monastic on a monthly basis in India Hall. All between the ages of 20 and 40 are welcome to attend.

**SATSANGA (QUESTIONS & ANSWERS) – THURSDAY, FEBRUARY 21, 8:00 PM:** You may have your questions answered by our minister at our monthly satsanga by writing them down on a slip of paper and dropping it into the question box located in the foyer of the temple, or you may submit your questions online at [hollywoodtemple.org/submit-satsanga-question](http://hollywoodtemple.org/submit-satsanga-question).

**SENIOR DEVOTEE GROUP – SUNDAY, FEBRUARY 24, 1:00 PM:** Seniors 70 and older are welcome to our monthly meeting held in upper India Hall, and enjoy an afternoon of fellowship. Any questions? Call the temple at (323) 661-8006.

**LAY DISCIPLE GROUP – WEDNESDAY, FEBRUARY 27, 7:30 PM:** Kriyabans\* of Self-Realization Fellowship are invited to attend our monthly meeting in India Hall. Please be prepared to show your *Kriyaban card* at the door.

**LONG MEDITATIONS – FRIDAYS 7 – 10 PM; SUNDAYS 6 - 9 PM:** Conducted group meditations are held every Friday and Sunday with a group practice of the Energization Exercises on the temple lawn, 20 minutes before. If unable to stay for the three hours, you may enter/exit during chanting at the top of the hour. Both newer and veteran yogis are encouraged to participate.

**SUNDAY SCHOOL:** The temple offers Sunday School classes for boys and girls ages 3 to 12, and a Teen Group for ages 13 to 19 every Sunday morning during the first service from 9:30 am to 10:30 am. To register your child or for more information, please see the Sunday School representative at the table with the blue umbrella before the first service.

**TEMPLE SINGERS:** A part of the Community Outreach committee, the group visits convalescent homes generally on the first Sunday of the month at 1:30 pm and rehearses on the other Sundays at 1:30 pm in India Hall. They invite you to join them. For more information see the Temple Singers card in the Bookroom.

**HATHA YOGA:** Separate classes for men and women are offered every week on Tuesday evenings in India Hall at 6:00 pm for women and at 7:30 pm for men. All levels are welcome. For more information see the Hatha Yoga card in the Bookroom.

**COLD AND FLU:** If you have a cold or flu, it is best not to join in the Temple Services or meditate with the group in the Temple. This way others will not be disturbed or exposed to a contagious illness. Those who are ill should join in mentally at home. Your consideration for others in this way will be much appreciated by everyone.

\* A Kriyaban is one who has been initiated into the Kriya Yoga technique of meditation.