

Self-Realization Fellowship Temple - Hollywood

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Temple Open for Individual Meditation: Tuesday-Saturday 5:30 PM - 7:30 PM		Grounds & Meditation Gardens Open: Tue-Sat 10 AM - 7:30 PM Sunday 8 AM - 7:30 PM		1	2	3	4	5
				6 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	No Sadhana Sangha meeting	12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	Paramahansa Yogananda Birthday Commemorative 8:00 PM
6	7	8	9	10	11	12		
8:30 AM Morning Meditation 9:30 AM First Service 9:30 AM Sunday School PY Comm 11:00 AM Second Service 12:10 PM Introduction to Meditation 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	Temple and Grounds Closed on Mondays	6 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga		12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	Paramahansa Yogananda Birthday Meditation 10:00 AM - 4:00 PM Temple open for Individual Meditation 5:30 PM - 7:30 PM		
13	14	15	16	17	18	19		
8:30 AM Morning Meditation 9:30 AM First Service 9:30 AM Sunday School 11:00 AM Second Service 12:00 PM Movie "Glimpses of a Life Divine" 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	Temple and Grounds Closed on Mondays	6 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga		12:00 PM Introduction to Meditation 8:00 PM Satsanga Service and Prayer Circle	6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation			
20	21	22	23	24	25	26		
8:30 AM Morning Meditation 9:30 AM First Service 9:30 AM Sunday School 11:00 AM Second Service 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	Martin Luther King Day Temple and Grounds Closed on Mondays	6 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	7:30 PM Lay Disciple Group	12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation			
27	28	29	30	31	Office & Reception (in Upper India Hall) Hours: Tuesday - Friday 10 AM - 4 PM Book Room (Located in Upper India Hall) Open: Tue - Sat 10 AM - 4 PM Sun 10:30 AM - 12:30 PM Thu 9:00 PM - 9:30 PM			
8:30 AM Morning Meditation 9:30 AM First Service 9:30 AM Sunday School 11:00 AM Second Service 1:00 PM Senior's Meeting 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	Temple and Grounds Closed on Mondays	6 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	7:00 PM 3 hour Meditation	12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle				

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

Self-Realization Fellowship Temple

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UWPF C['NGEVWTG'VQRÆU'

January 6 Kriya Yoga - Universal Science of God-realization
January 13 Awakening Divine Memory

January 20 How to Be Stronger Than Life's Trials and Test
January 27 Making the Most of Sundays

P GY [GCTØF C['- VVGUF C[.LCPWCT['3<The temple and grounds will be closed on New Year's Day. Happy Holidays!

RCTCO CJ CPUC[QI CPCPFC'DKTVJ FC['EQO O GO QTCVKG"- UCVWTF C[.LCPWCT['7.: 'RO <Paramahansa Yogananda said, "The birthdays of great souls are auspicious occasions, which are observed also in heaven, to honor great souls who came on earth for the upliftment of mankind.... Whoever will take spiritual advantage of these sacred events will find his resolutions helped by the vibrations of those great souls whose anniversaries are being observed." All are welcome to this special devotional service to honor Paramahansa Yogananda's birthday. Flowers will be available on a donations basis outside the temple from 7:00 pm to 8:00 pm. In celebration of Gurudeva's birthday, we will have a cake and tea party in India Hall after the service.

KVTQF WEVIQP 'VQ'O GF KVCVIQP "- GXGT['VJ WTUF C['34-22/'34-52'RO 'CPF'QP'UWPF C[.LCPWCT['8.'34-32'- 34-62'RO <'Held every Thursday at noon in the temple, and on the 1st Sunday of each month in Lower India Hall, right after the second lecture service. The 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.

RCTCO CJ CPUC[QI CPCPFC'DKTVJ FC['O GF KVCVIQP "- UCVWTF C[.LCPWCT['34.'32'CO '6'6'RO <All are invited to this special 6-hour meditation held in both India Hall and the temple. India Hall is for those who stay for the entire day, while the temple is for those who stay for either the whole morning or the whole afternoon. Doors will open at 9:30 am with a 30 minute break at 1:00. Those attending the afternoon in the temple should enter between 1:00 – 1:30 pm. Please bring a fruit as offering. Due to the large number of attendees, meditation supports (armrests) are permitted only in the temple patio area. We also request that you not bring any food or water into India Hall or the temple. Temple will be open for individual meditation at 5:30 – 7:30 pm.

O QXKG<I NØ RUGUQH'C'NHG'F KXP G"- UWPF C[.LCPWCT['35.'34'RO <Please join us in India Hall immediately after the second service for a special showing of "Glimpses of a Life Divine", a highly inspiring film on the life and teachings of our Guru. The film is 90 minutes long, and contains interviews of direct disciples and others who knew Paramahansa Yogananda during his lifetime, as well as scenes of the Guru from various periods of his life. Light refreshments will be served. On a donation basis.

UCVUCPI C *S WGVUQPUC['CPUY GTU"- VJ WTUF C[.LCPWCT['39.: -22'RO <You may have your questions answered by our Minister at one of these satsangas by writing them down on a slip of paper and dropping it into the question box located in the foyer of the temple. You may also submit your questions online at HollywoodTemple.org.

NC['FKERNG'I TQWR"- Y GFPGUF C[.LCPWCT['45.'9-52'RO <Kriyabans* of Self-Realization Fellowship are invited to attend our monthly meeting in India Hall. Please be prepared to show your SRF *Kriyaban card* at the door.

UGPKT'FGXQVGG'I TQWR"- UWPF C[.LCPWCT['49.'3-22'RO <Seniors 70 and older are welcome to join our monthly meeting held in upper India Hall. Come join us for an afternoon of fellowship. Any questions? Please call the temple at (323) 661-8006.

NQUV'CPF'HQWPF <Lost or left something on the grounds or in the temple? Call us at (323) 661-8006 to see if we have it.

J CVJ C'[QI C<Separate classes are offered on Tuesdays in India Hall, women's at 6 pm and men's at 7:30 pm. All levels are welcome. For more info see the Hatha Yoga card in the Bookroom or visit hollywoodtemple.org/classes--meetings.html.

UWPF C['UEJ QQN<The temple offers Sunday School classes for boys and girls ages 3 to 12, and a Teen Group for young people ages 13-19. Classes meet every Sunday morning during the first service. 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.

NQPI 'O GF KVCVIQPUC['6'UWPF C[U8'/'; 'RO =HIF C[U9'/32'RO =CPF'QP'VJ G'7VJ 'Y GFPGUF C['QHVJ G'O QPVJ .'"LCPWCT['52VJ .'"9'6'32'RO <"Our Guru said, "Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-Realization of each member." Conducted group meditations are held every Friday and Sunday, and also on Wednesday January 30th, with kirtan on Fridays. If unable to stay for the full three hours, you may enter/exit during chanting at the top of the hour. There will be a group practice of the Energization Exercises 20 minutes before the Friday and Sunday meditations. All are invited.

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