

Self-Realization Fellowship Temple - Hollywood

March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Temple Open for Individual Meditation: Tuesday - Saturday, 5:30 p.m. - 7:30 p.m.		Office & Reception (in Upper India Hall) Hours: Tuesday - Friday, 10:00 a.m. - 4:00 p.m.			1 6:40 PM Energization Exercises Group Practice - Temple Lawn 7:00 PM Three hour Meditation		2 Mother Center Pilgrimage 1:00 - 5:00 PM Sold Out!
3	4	5	6	7	8	9	
8:30 AM Morning Meditation 9:30 AM Sun. School PY/SY Comm 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 12:10 PM Introduction to Meditation 1:30 PM Temple Singers Outreach 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	Temple and Grounds Closed on Mondays	6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	7:30 PM Sadhana Sangha Ages 20 to 40	12:00 PM Introduction to Meditation Paramahansa Yogananda Mahasamadhi Commemorative Service 8:00 PM	6:40 PM Energization Exercises Group Practice - Temple Lawn 7:00 PM Three hour Meditation	Swami Sri Yukteswar Mahasamadhi Commemorative Service 8:00 PM	
10	11	12	13	14	15	16	
Daylight Savings Begins 8:30 AM Morning Meditation 9:30 AM Sunday School 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	Temple and Grounds Closed on Mondays	6:00 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 Three hour Meditation		
17	18	19	20	21	22	23	
8:30 AM Morning Meditation 9:30 AM Sunday School 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation	Temple and Grounds Closed on Mondays	6:00 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 Three hour Meditation		
24	25	26	27	28	29	30	
Marathon - www.lamarathon.com 8:30 AM Morning Meditation 9:30 AM 1st Lecture Service 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	Temple and Grounds Closed on Mondays	6:00 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 Three hour Meditation		
31	Book Room (located in upper India Hall) Open: Tuesday - Saturday, 10:00 a.m. - 4:00 p.m. Sunday, 10:30 a.m. - 12:30 p.m. Thursday evening, 9:00 p.m. - 9:30 p.m.		Temple Grounds & Meditation Gardens Open: Tuesday - Saturday, 10:00 a.m. - 7:30 p.m. Sunday, 8:00 a.m. - 7:30 p.m. Monday closed				
8:30 AM Morning Meditation 9:30 AM Sunday School 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM Three hour Meditation							

For more info, please call (323) 661-8006 or visit hollywoodtemple.org, where you may also view and download this calendar.
 Information on Paramahansa Yogananda and the SRF teachings can be found at yogananda-srf.org

Self-Realization Fellowship Temple

BULLETIN

HOLLYWOOD

MARCH 2019

SUNDAY LECTURE TOPICS

March 3 The Eternal Blessings of a True Guru
March 10 Choosing to Be Happy
March 17 Do We Live One or Many Lives?

March 24 Getting Acquainted With God
March 31 Healing Through Understanding the
Nature of Consciousness and Matter

PILGRIMAGE TO MOTHER CENTER – SATURDAY, MARCH 2, 1:00 – 5:00 PM: All 90 spaces have been taken and we have a short waiting list. Those who have registered, please consider carpooling, as parking there may be limited. Carpooling devotees may park their non-driving cars in the Hollywood Temple parking lots. And please make your own arrangements for carpooling, if you have not already done so. We look forward to seeing you at Mother Center at 1:00 pm on Saturday, March 2nd.

INTRODUCTION TO MEDITATION – SUNDAY MARCH 3, 12:10 - 12:40 PM AND EVERY THURSDAY, 12:00 - 12:30 PM: Held weekly each Thursday at noon in the temple, and monthly 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 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.

SADHANA SANGHA – WEDNESDAY, MARCH 6, 7:30 PM: Our young adult group for men and women meets, with a monastic in attendance, generally on the 1st Wednesday of each month in India Hall. All those between the ages 20 - 40 are welcome.

COMMEMORATION SERVICE FOR PARAMAHANSA YOGANANDA – THURSDAY, MARCH 7TH, 8:00 PM: In commemoration of the mahasamadhi of Paramahansa Yogananda, we will have a special service in the temple. All are welcome; flowers will be available on a donation basis outside the temple from 7:00 pm to 8:00 pm.

COMMEMORATION SERVICE FOR SWAMI SRI YUKTESWAR – SATURDAY, MARCH 9, 8:00 PM: In commemoration of the mahasamadhi of Swami Sri Yukteswar, we will have a special service in the temple. All are welcome; as usual, flowers will be available on a donation basis outside the temple from 7:00 pm to 8:00 pm.

SATSANGA (QUESTIONS & ANSWERS) – THURSDAY, MARCH 21, 8:00 PM: 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.

SENIOR DEVOTEE GROUP – SUNDAY, MARCH 24, 1:00 PM: Devotees 70 and older are welcome to join the monthly meeting, generally held on the 4th Sunday of each month in Upper India Hall. Meetings involve fellowship, a topical study of Master's teachings, and a group meditation.

LAY DISCIPLE GROUP – WEDNESDAY, MARCH 27, 7:30 PM: Kriyabans* of Self-Realization Fellowship are invited to attend our monthly meeting in India Hall, generally held on the fourth Wednesday of each month. The meeting includes a monastic led meditation and talk, a short time to meet and organize our service activities, and fellowship with friends old and new. Please be prepared to show your Kriyaban card at the door.

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.

LONG MEDITATIONS – FRIDAYS 7:00 PM – 10:00 PM; SUNDAYS 6:00 PM – 9:00 PM: 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, with *kirtan* on Friday. If unable to stay for the 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 each meditation. All are encouraged to attend. Please read our pamphlet, **Group Meditation Guidelines**, if this is your first time attending a group meditation.

TEMPLE SINGERS: The Temple Singers invite you to join them. They visit convalescent homes at 1:30 pm on the 1st Sunday of the month, and rehearse on the other Sundays in India Hall. For more info 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.

LOST AND FOUND: Lost or left something on the grounds or in the temple, while absorbed in bliss, no doubt? Call us at (323) 661-8006 and check with the receptionist to see if we have it.

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