

Self-Realization Fellowship Temple -- Hollywood

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Temple Grounds and Meditation Gardens Open: Tuesday - Saturday 10:00 AM - 7:30 PM Sunday 8 AM - 7:30 PM Closed on Mondays	Temple Open for Individual Meditation: Tuesday - Saturday 5:30 PM - 7:30 PM	Office & Receptionist (Located in Upper India Hall) Hours: Tuesday - Friday 10:00 AM - 4:00 PM	1 7:30 PM Sadhana Sangha Ages 20 to 40	2 National Day of Prayer	3 6:40 PM Energization Exercises Group Practice - Temple Lawn 7:00 PM 3 hour Meditation	4 7:00 PM Kriyaban Ceremony Doors Open at 5:30; Close at 6:45 No 5:30 PM Individual Meditation
				12:00 PM Introduction to Meditation		
				8:00 PM Inspirational Service and Prayer Circle		
5 8:30 AM Morning Meditation 9:30 AM Sunday School 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 Rehearsal 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	6 Grounds Closed on Mondays	7 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	8	9 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	10 8:00 PM Sri Yukteswar Birthday Commemorative	11
12 Mother's Day						
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 3 hour Meditation						
19 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 Outreach 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	20 Grounds Closed on Mondays	21 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	22 7:30 PM Lay Disciple Group	23 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	24 6:40 PM Energization Exercises Group Practice - Temple Lawn 7:00 PM 3 hour Meditation	25
				13 Grounds Closed on Mondays		
				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 3 hour Meditation		
26 8:30 AM Morning Meditation 9:30 AM Sunday School 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 3 hour Meditation	27 Grounds Closed on Mondays Memorial Day	28 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	29 7:00 PM 3 Hour Meditation	30 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	31 6:40 PM Energization Exercises Group Practice - Temple Lawn 7:00 PM 3 hour Meditation	Book Room (Located in Upper India Hall) Open: Tue - Sat 10 AM - 4 PM Sun. 10:30 AM - 12:30 PM Thurs 9:00 PM - 9:30 PM
				14 Grounds Closed on Mondays		
				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 3 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 www.yogananda.org

Self-Realization Fellowship Temple

BULLETIN

HOLLYWOOD

MAY 2019

SUNDAY LECTURE TOPICS

May 5 Behind the Physical Cosmos: A World of Light and Energy
May 12 God's Nature in the Mother

May 19 God-Mindedness: Key to Freedom
May 26 Understanding Life and Death

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

KRIYABAN CEREMONY – SATURDAY, MAY 4, 7:00 PM; DOORS OPEN AT 5:30 PM, AND CLOSE AT 6:45 PM: There will be one Kriyaban ceremony in the temple this year on May 4th for Kriyabans* who regularly attend Hollywood Temple. To register, please come in person to the Book Room with your Kriyaban card. Should you need a replacement Kriyaban card, please contact SRF Membership Services. It is customary to bring a flower, a fruit and a monetary offering in an envelope. Flowers (but not fruit) will be available at the temple on the night of the ceremony, on a donation basis, starting at 5:15 pm. Temple doors will open at 5:30 pm, and we ask that all devotees please arrive before 6:45, make your offerings, and be seated for the ceremony; doors will close at 6:45 pm. There will be no 5:30 – 7:30 pm individual meditation in the temple on this day.

INTRODUCTION TO MEDITATION – SUNDAY, MAY 5 (1ST THURSDAY OF THE MONTH), 12:10 - 12:40 PM AND EVERY THURSDAY, 12:00 - 12:30 PM: Held weekly on Thursdays at noon in the temple, and on the 1st 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.

SWAMI SRI YUKTESWAR BIRTHDAY COMMEMORATIVE – FRIDAY, MAY 10, 8:00 PM: 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 attend this special temple service. Flowers for offering will be available on a donation basis outside the temple from 7:00–8:00 pm

SATSANGA (QUESTIONS & ANSWERS) – THURSDAY, MAY 16, 8:00 PM: Satsanga means “fellowship with truth.” You may have your questions answered by our minister at a satsanga 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 www.hollywoodtemple.org

LAY DISCIPLE GROUP – WEDNESDAY, MAY 22, 7:30 PM: The Lay Disciple Group provides a unique opportunity to deepen one’s understanding of the teachings, and to serve the divine mission of our Guru. 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.

SENIOR DEVOTEE GROUP – SUNDAY, MAY 26, 1:00 PM: Devotees 70 and older are welcome to join the monthly meeting in upper India Hall. Meetings involve fellowship, a topical study of Master’s teachings, and a group meditation.

TICKET SALE IN PROGRESS FOR INDIA NIGHT – SATURDAYS, JUNE 1 AND 8, 4:00 - 8:30 PM: All are invited to this year’s India Night, which will be celebrated on Saturdays June 1st, and 8th. The program will start at 4 pm. with meditation in the temple with SRF monks’ kirtan group on June 1st and SRF nuns’ kirtan group on June 8th for 2 hours until 6 pm. This will be followed by a scrumptious Indian dinner served outside on the lawn from 6 to 7 pm. Then we’ll watch a video presentation of one of our previous musicals, “The Prince Who Became a Beggar,” based on the story of Lord Buddha from the SRF Lessons. The evening will be capped off with the historic video of Paramahansa Yogananda’s “Dedication of India Hall.” Tickets are available in the Bookroom. For more information, please pick up a flyer in the foyer.

LONG MEDITATIONS – FRIDAYS, 7 - 10 PM; SUNDAYS 6 - 9 PM; AND 5TH WEDNESDAY (MAY 29) 7 - 10 PM:

Conducted group meditations, with Energization Exercises practice at 6:40 on Fridays, 5:40 on Sundays. If unable to stay for the three hours, you may enter/exit during chanting at the top of the hour. Please read our pamphlet, **Group Meditation Guidelines**, if this is your first time attending a group meditation.

SUNDAY SCHOOL: The temple offers Sunday School classes for children ages 3 through 12 and a Teen Group for ages 13 through 19 on Sunday mornings during the first service from 9:30 to 10:30 am. To register your child, 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 rehearse on the other Sundays at 1:30 pm in India Hall. They invite you to join them. For more information please pick up a Temple Singers card from the Bookroom.

HATHA YOGA: Separate classes are offered, women’s at 6 pm and men’s at 7:30 pm on Tuesdays in India Hall. All levels are welcome. For more info see the Hatha Yoga card in the Bookroom or visit hollywoodtemple.org/classes—meetings.html.

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