

Self-Realization Fellowship Temple - Hollywood

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30 AM Morning Meditation 9:30 AM Sunday School 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 3 hour Meditation	2 Labor Day Temple and Grounds Closed on Mondays	3 6:00 PM Women's Hatha Yoga Class 7:30 PM Men's Hatha Yoga Class	4 7:30 PM Sadhana Sangha Ages 20 to 40	5 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	6 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	7
8 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	9 Temple and Grounds Closed on Mondays	10 6:00 PM Women's Hatha Yoga Class 7:30 PM Men's Hatha Yoga Class	11	12 12:00 PM Introduction to Meditation 8:00 PM Inspirational Service and Prayer Circle	13 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	14
15 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	16 Temple and Grounds Closed on Mondays	17 6:00 PM Women's Hatha Yoga Class 7:30 PM Men's Hatha Yoga Class	18	19 12:00 PM Introduction to Meditation 8:00 PM Satsanga Service and Prayer Circle	20 PEACE & HARMONY WEEKEND 6:40 PM Energization Exercises 7-10 PM Monastic-Led Meditation with Kirtan Dedicated to Peace & Harmony	21 PEACE & HARMONY WEEKEND UN International Day of Peace 2 - 5 PM Monastic-Led Meditation With Kirtan Light Refreshments: 5 - 6 PM
22 PEACE & HARMONY WEEKEND No 8:30 Meditation. No 9:30 Service 10:00 AM Meditation 11:00 AM Sun. School - LD Garden 11:00 AM Lecture Service 12:00 PM Picnic & Fellowship 5:40 PM Energization Exercises 6 - 9 PM Monastic-Led Meditation	23 Temple and Grounds Closed on Mondays	24 The Bookroom Will Be Closed for Inventory 6:00 PM Women's Hatha Yoga Class 7:30 PM Men's Hatha Yoga Class	25 7:30 PM Lay Disciple Group	26 From Tuesday September 24 12:00 PM Introduction to Meditation Lahiri Mahasaya Comm Mahasamadhi Service 8:00 PM	27 Through Friday September 27 6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	28
29 8:30 AM Morning Meditation 9:30 AM SS Lahiri Mahasaya Comm 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 1:00 PM Senior Devotees' Meeting 1:30 PM Temple Singers Rehearsal	30 Temple Open 5:30 PM Lahiri Mahasaya Birthday Comm Service 8:00 PM	Temple and Meditation Gardens Open for Individual Meditation: Tuesday - Saturday 5:30 PM - 7:30 PM	Book Room (located in Upper India Hall) Open: Tuesday - Saturday 10 AM - 4 PM Sunday 10:30 AM - 12:30 PM Thursday 9:00 PM - 9:30 PM	Office & Receptionist (in Upper India Hall) Hours: Tuesday - Friday 10:00 AM - 4:00 PM	Temple Grounds and Meditation Gardens Open: Tuesday - Saturday 10 AM - 7:30 PM Sunday 8:00 AM - 7:30 PM Closed Monday	

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

BULLETIN

HOLLYWOOD

SEPTEMBER 2019

SUNDAY LECTURE TOPICS

September 1 The Soul's Greatest Need
September 8 The True Meaning of Salvation
September 15 Life – A Cosmic Motion Picture

September 22 World Peace and Harmony
September 29 Finding God in Family Life

INTRODUCTION TO MEDITATION – SUNDAY, SEPTEMBER 1 (THE 1ST SUNDAY 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. 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.

LABOR DAY – MONDAY, SEPTEMBER 2: The temple and grounds will be closed. We wish you a happy holiday!

SADHANA SANGHA – WEDNESDAY, SEPTEMBER 4, 7:30 PM: Young adults, men and women between the ages of 20 and 40, are welcome to the group's monthly meeting, to be held in India Hall. A monastic will be in attendance.

SATSANGA (QUESTIONS & ANSWERS) – THURSDAY, SEPTEMBER 19, 8 PM: You may have your questions answered by our Minister at one of the satsangas. Please submit your written questions in the box in the vestibule or online at hollywoodtemple.org

PEACE AND HARMONY WEEKEND – SEPTEMBER 20– 22: All Hollywood Temple members, with family and friends, are invited to participate in a special weekend as we support the United Nations International Day of Peace on September 21.

Friday 9/20: We will start with a monastic-led 3-hour meditation with kirtan at 7 pm, dedicated to Peace. Energization at 6:40.

Saturday 9/21: Please join us for a monastic-led meditation with kirtan from 2 - 5 pm, followed by light refreshments at 5 pm.

Sunday 9/22: Our regular 8:30 am meditation and 9:30 am lecture service will be cancelled. Sunday School will meet at 11 am in the Lay Disciple Garden. The morning meditation will be at 10 am, led by a monastic, followed by lecture service at 11 am. Following the service at 12 noon, we will have an afternoon of fellowship and fun with a temple picnic in Griffith Park. It will be a potluck picnic; please bring your own food, drinks, chairs or picnic blanket. For additional information see the picnic flyer. We will close the weekend with a monastic-led 3-hour meditation at 6 pm. We look forward to sharing together this special weekend with all. For more information, please pick up a flyer in the foyer.

LAY DISCIPLE GROUP – WEDNESDAY, SEPTEMBER 25, 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.

COMMEMORATIVE SERVICES: Paramahansa Yogananda said, "Celebration of the birthday of a God-realized soul... is a deeply spiritual occasion on which the vibrations of blessing from an illumined master are stronger than on other days in the year, because in the astral world, also, a celebration is taking place. Devotees who attend... with the right attitude will reap spiritual benefits and will find their high resolutions strengthened." All are welcome to attend the following two commemorative services in honor of Lahiri Mahasaya. Flowers will be available on a donation basis outside the temple from 7:00 - 8:00 pm.

- **LAHIRI MAHASAYA MAHASAMADHI COMMEMORATIVE – THURSDAY, SEPTEMBER 26, 8:00 PM**
- **LAHIRI MAHASAYA BIRTHDAY COMMEMORATIVE – MONDAY, SEPTEMBER 30, 8:00 PM**

SENIOR DEVOTEE GROUP – SUNDAY, SEPTEMBER 29, 1:00 PM: Seniors 70 and older are welcome to our monthly meeting held in upper India Hall, and to enjoy an afternoon of fellowship, a topical study of Master's teachings, and a group meditation.

LONG MEDITATIONS – FRIDAYS, 7:00 PM – 10:00 PM, SUNDAYS 6:00 PM – 9:00 PM: Conducted group meditations are held every Friday and Sunday. 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 you plan to attend a group meditation for the first time.

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.

SUNDAY SCHOOL: The temple offers Sunday School classes for boys and girls ages 3 through 12 and a Teen Group for young people ages 13 through 19. The classes meet every Sunday morning during the First Service from 9:30 to 10:30 and include a short period of meditation along with instruction in Paramahansa Yogananda's How to Live principles. You may register your child in the Sunday School classroom at 9:15 am.

LOST AND FOUND: Lost or left something on the grounds or in the temple? Call us at (323) 661-8006 to see if we have it.

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