

# Self-Realization Fellowship Temple – Hollywood

## June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
						<b>1</b> <b>India Night</b> <b>4:00 - 8:30 PM</b>			
<b>2</b> 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	<b>3</b>  Temple & Grounds are Closed on Mondays	<b>4</b>  No Hatha Yoga Classes	<b>5</b>  7:30 PM Sadhana Sangha Ages 20 to 40	<b>6</b> 12:00 PM Introduction to Meditation  8:00 PM Inspirational Service and Prayer Circle	<b>7</b>  6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	<b>8</b>  <b>India Night</b> <b>4:00 - 8:30 PM</b>			
<b>9</b> 8:30 AM Morning Meditation 9:30 AM Sunday School 9:30 AM 1st Lecture Service 11:00 AM 2nd Lecture Service 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	<b>10</b>  Temple & Grounds are Closed on Mondays	<b>11</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>12</b>	<b>13</b> 12:00 PM Introduction to Meditation  8:00 PM Inspirational Service and Prayer Circle	<b>14</b>  6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	<b>15</b>			
<b>16</b> <b>Father's Day</b>	<b>17</b>  Temple & Grounds are Closed on Mondays	<b>18</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>19</b>	<b>20</b> 12:00 PM Introduction to Meditation  8:00 PM Satsanga Service and Prayer Circle	<b>21</b>  <b>International Day of Yoga</b>  6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	<b>22</b>			
<b>23</b> 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 Seniors' Meeting 1:30 PM Temple Singers Rehearsal 5:40 PM Energization Exercises 6:00 PM 3 hour Meditation	<b>24</b>  Temple & Grounds are Closed on Mondays	<b>25</b> 6:00 PM Women's Hatha Yoga 7:30 PM Men's Hatha Yoga	<b>26</b>  7:30 PM Lay Disciple Group	<b>27</b> 12:00 PM Introduction to Meditation  8:00 PM Inspirational Service and Prayer Circle	<b>28</b>  <b>Hollywood Temple Kriyabans' Minister-Led Retreat at Lake Shrine Retreat Friday June 28th through Sunday June 30th</b>  6:40 PM Energization Exercises Group practice - Temple Lawn 7:00 PM 3 hour Meditation	<b>29</b>			
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For more info, please call (323) 661-8006 or visit [hollywoodtemple.org](http://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](http://www.yogananda.org)

# Self-Realization Fellowship Temple

BULLETIN

HOLLYWOOD

JUNE 2019

## SUNDAY LECTURE TOPICS

June 2 Success Through Attunement with God

June 9 Creating World Unity Through Yoga Meditation

June 16 God's Nature in the Father

June 23 How Even-mindedness Leads to God-Awareness

June 30 Is Peace Possible in Today's World?

**INDIA NIGHT – SATURDAYS, JUNE 1 AND 8, 4:00 - 8:30 PM:** All are invited to this year's India Night celebrations on Saturdays June 1st and 8th. The program will start at 4:00 pm with meditation in the temple with the SRF monks' kirtan group on June 1st and nuns' kirtan group on June 8th for 2 hours until 6:00 pm. This will be followed by a scrumptious Indian dinner served in the courtyard from 6 to 7 pm. Then we'll watch a video of our 2015 musical, "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 may be purchased from Hollywood Temple Bookroom (in person or by calling with a credit/debit card) and at the door just before the event (if available.) Do bring your family and friends! All proceeds go to the Hollywood Temple Building Fund. For more info, see the flyer in the vestibule or the Bookroom or visit [hollywoodtemple.org](http://hollywoodtemple.org).

**INTRODUCTION TO MEDITATION – SUNDAY, JUNE 2<sup>ND</sup> (THE 1<sup>ST</sup> 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.

**SADHANA SANGHA – WEDNESDAY, JUNE 5, 7:30 PM:** Our young adult group for men and women meets, with a monastic in attendance, generally on the 1<sup>st</sup> Wednesday each month in Upper India Hall. All between the ages of 20 and 40 are welcome.

**SATSANGA (QUESTIONS & ANSWERS) – THURSDAY, JUNE 20, 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](http://HollywoodTemple.org).

**INTERNATIONAL DAY OF YOGA – FRIDAY, JUNE 21:** The International Day of Yoga will be honored in our services during that week. Many have commented how Paramahansa Yogananda played a unique role as the father of Yoga in the West.

**SENIOR DEVOTEE GROUP – SUNDAY, JUNE 23, 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.

**LAY DISCIPLE GROUP – WEDNESDAY, JUNE 26, 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.

**HOLLYWOOD TEMPLE KRIYABANS' MINISTER-LED RETREAT AT LAKE SHRINE, JUNE 28-30:** This event is sold out. To be put on the waiting list, call the Retreat at (310) 459-4740 and identify yourself as a *kriyaban* from Hollywood Temple. Do consider adding 1-2 days of personal retreat, to rest and immerse in silence before the conducted retreat begins on Friday June 28th.

**LONG MEDITATIONS – FRIDAYS 7:00 – 10:00 PM, SUNDAYS 6:00 – 9:00 PM:** Conducted group meditations. The Friday evening meditation is with kirtan. If unable to stay for the three hours, you may enter/exit only during chanting at the top of the hour. There will be a group practice of the Energization Exercises 20 minutes before each meditation. Both newer and veteran yogis are encouraged to participate as we find that group meditations and exercises greatly benefit our individual practice.

**TEMPLE SINGERS:** The Temple Singers are part of Hollywood Temple's Community Outreach. They visit local convalescent homes generally on the first Sunday of the month and rehearse on the other Sundays from 1:30 - 3:00 pm in India Hall. They invite you to join them. For more information see the Temple Singers card in the Bookroom.

**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, please see the Sunday School representative at the table with the blue umbrella before the first service.

**HATHA YOGA:** Separate classes are offered, women's at 6:00 pm and men's at 7:30 pm on Tuesdays in India Hall. All levels are welcome. For more information visit [hollywoodtemple.org/classes--meetings.html](http://hollywoodtemple.org/classes--meetings.html) or see the Hatha Yoga card in the Bookroom. Please note that there will be no classes on Tuesday June 4th.

**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.