

## **Inspirational Service & Introduction to Meditation**

**Thursday, June 1 - Kirtan from 7:30 pm to 8:00 pm; Meditation from 8:00 pm to 9:00 pm**

The first Thursday of each month is an Inspirational Service and Introduction to Meditation starting at 7:30 pm. We start our evening Service with Kirtan at 7:30 pm, followed by Meditation at 8:00 pm. You will learn simple yet profound methods of meditation and will get acquainted with the Kriya Yoga teachings of Paramahansa Yogananda, founder of Self-Realization Fellowship.

## **Morning Meditation**

**Saturday, June 3 - 9:00 am to 11:00 am**

On Saturday, June 3, there will be a two-hour meditation beginning at 9:00 am and lasting until 11:00 am. Please join us on this special day as we tune in with God and the Great Ones.

## **Spring Food Drive**

**Sunday, May 7 to Sunday, June 11**

Our annual Spring Food Drive at Fullerton Temple ends on Sunday, June 11. Please bring nonperishable food items such as canned, dried and bottled food to the Social Room before or after the service. We ask that you donate easy-to-open individual items. The food will be donated to the **Pathways of Hope Distribution Center** in **Fullerton**. Thank you for your support.

## **Monthly Service Day and Study Groups**

**Friday, June 16 – Gita Study Group from 7:30 pm to 9:00 pm**

**Saturday, June 17 – Study Group from 9:30 am, Service Day from 10:15 am**

The Gita Study Group will be held on Friday, June 16 at 7:30 pm. On Saturday, June 17, the Study Group for *Autobiography of a Yogi*, begins at 9:30 am. At 10:15 am, join in to help with cleaning, gardening, and light maintenance. There will be a break around midday for a 1/2-hour meditation, followed by a delicious vegetarian lunch. Everyone is welcome to attend this day of fellowship at Fullerton Temple.

## **Group Meditation and Monks' Kirtan**

**Saturday, June 17 – 6:00 pm**

Please join us on Saturday, June 17 for an evening of meditation, **which will include special kirtan chanting led by monks of the SRF Mother Center**. It will start at 6:00 p.m. with Energization Exercises in the garden. The meditation will conclude at 9:00 p.m. All are welcome.

## **Six Hour Meditation**

**Saturday, June 24 - 9:00 am to 3:00 pm**

Our Six Hour meditation starts at 9:00 am, with a break at 12:00 noon. Please join us on this special day as we tune in with God and the Great Ones. It is important that everyone arrive on time so as not to disturb those already meditating. *If you are not able to stay for the full six hours, please come at 9:00 am for the first half.* The regularly scheduled Saturday evening meditation has been cancelled.

## **Fullerton Temple Young Adult Group**

**Sunday, June 25 - 12:30 pm**

Self-Realization Fullerton Temple offers special activities for adults between the ages of 18 and 39. Our next meeting at the Fullerton Temple with monastics will be on Sunday, June 25 at 12:30 pm.

### **Upcoming Events in July:**

- **Morning Meditation - Saturday, July 1 at 9:00 am;**
- **India Night - Saturday, July 15 at 6:00 pm**