

Open House / Film

Sunday, October 1 - 10:00 am - 2 pm

A special Open House will be held on Sunday, October 1. This will provide an opportunity to introduce interested friends, family, and members of the community to the practice and science of Yoga Meditation. There will be a **Guided Meditation** at **10:00 am**, followed by a **Lecture Service** at **11:00 am** entitled, *An Introduction to Yoga Meditation and the Teachings of Paramahansa Yogananda*. There will be a hosted informal reception with refreshments at 12:00 noon, followed by the 30-minute video, *The Life of Paramahansa Yogananda: The Early Years in America*. All are Welcome!

Six Hour Meditation

Saturday, October 7 - 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.

Monthly Service Day and Study Groups

Friday, October 13 – Gita Study Group, 7:30 pm to 9:00 pm

Saturday, October 14 – Study Group, 9:30 am: Service Day, 10:15 am

The weekend of fellowship begins Friday evening, October 13 at 7:30 pm with the Gita Study Group. On Saturday, October 14, the Study Group for *Autobiography of a Yogi*, begins at 9:30 am, led by a monastic. At 10:15 am join in to help with cleaning, gardening, and light maintenance with a break around midday for a half hour meditation, followed by a delicious vegetarian lunch. Everyone is welcome to attend this day of fellowship at Fullerton Temple.

Thanksgiving Food Drive

Sunday, October 15 to Sunday, November 12

Our Thanksgiving Food Drive at Fullerton Temple will start on Sunday, October 15, and it will end on Sunday, November 12. 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!

Sunday School Retreat

Saturday, October 21 - 9:45 am to 2:30 pm

Fullerton Temple will be having its annual Children and Teens' Sunday School Retreat for kids ages 5 and older on Saturday, October 21, starting at 9:45 am and ending at approximately 2:30 pm. Registration begins at 9:30 am. The theme of this year's retreat is "Divine Superheroes".

Fullerton Temple One-Day Retreat

Saturday, October 28 - 9:30 am to 3:30 pm

Please join us on Saturday, October 28, for a monastic-led, One-Day Retreat at Fullerton Temple. The program will begin at 9:30 am with a guided meditation and instruction on the SRF basic meditation techniques. After the 12:30 pm break, there will be a Satsanga, a group review of the Energization Exercises, and a final meditation to end by 3:30 pm. The program is open to all SRF Lessons students. Newcomers interested in the meditation teachings of Paramahansa Yogananda may attend this retreat by enrolling in the SRF Lessons prior to October 21. Applications can be found in the Temple foyer or enroll online at www.srflessons.org. Please submit Satsanga questions on the practice of meditation by October 21. Whether submitting your question in the foyer Satsanga Box or on the website, please indicate that it is for the One-Day Retreat. A flyer with information on this event is available in the foyer and on our website www.fullertontemple.org. Please bring your SRF Lessons Student card or Kriyaban card to attend. There will not be an evening meditation.

Young Adult Group Meeting

Sunday, October 29 - 12:30 pm

Self-Realization Fellowship Fullerton Temple offers special activities for adults between the ages of 18 and 39.

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*You can also receive information on Temple activities and events via email by subscribing to our eNewsletter from our Temple website, [www.fullertontemple.org](http://www.fullertontemple.org).*