

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

**Thursday, March 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.

## **Technique Review – Energization Exercises**

**Sunday, March 4 - 12:30 pm**

All lesson students and Kriyabans are welcome to attend a review of the Energization Exercises, to be held in the garden. The review will be conducted by one of Fullerton Temple's ministers. Please bring your Kriyaban or Lesson Student card on the day of the event. Anyone who is not an SRF Lessons student but interested in attending the class, should complete and mail an SRF Lessons application to Self-Realization Fellowship headquarters prior to March 4, or apply online at the SRF website ([www.yogananda-srf.org](http://www.yogananda-srf.org)).

## **Commemorative Services**

**Wednesday, March 7 & Friday, March 9**

A devotional service commemorating the Mahasamadhi of Paramahansa Yogananda will take place on Wednesday, March 7. On Friday, March 9, there will be a devotional service commemorating the Mahasamadhi of Swami Sri Yukteswar. On both evenings, the service begins at 8:00 pm and is preceded by an optional one-hour meditation at 6:30 pm. It is customary to bring a flower and a donation in an envelope to be offered during the service.

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

**Saturday, March 10 – Study Group from 9:30 am; Service Day from 10:15 am**

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

On Saturday, March 10, 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 with 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.

This month Gita study group is on Friday March 16th at 7:30 pm. Please note, it is not a day before service day.

## **Kriyaban Ceremony**

**Saturday, March 17 - 5:30 pm**

On Saturday, March 17, Fullerton Temple will hold a Kriyaban Ceremony for all Self-Realization Fellowship Kriyabans. If you plan to attend, please bring your Kriya card to the Kriya sign-up table after any Sunday or Thursday evening services, beginning on Sunday, February 25. You must sign up by Thursday, March 15, to attend the ceremony. On the day of Kriya, Saturday March 17, please plan to arrive between 4:45 pm and 5:30 pm. Kriyaban devotees will begin going forward to the altar and then be seated, beginning at 5:30 pm. The Saturday evening meditation is canceled. On Sunday March 18, Kriyabans can meet the minister for 'Kriya Check' after the Sunday service at 12:30 pm.

## **Six Hour Meditation**

**Saturday, March 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. You are also requested to meditate at home if you are suffering from seasonal illnesses like cough, cold and flu.* The regularly scheduled Saturday evening meditation has been canceled.

## **Good Friday Meditation**

**Friday, March 30 - 6:00 pm to 9:00 pm**

In remembrance of Good Friday, the Temple will be open on March 30 from 6:00 pm to 9:00 pm, for those who would like to come spend time in meditation. This is a good opportunity to tune in with Christ at this special time of the year. One of our lay members will be leading the meditation.

## **Other March Events:**

**Morning Meditation: Saturday, March 3 - 9:00 am. to 11:00 am.**

**Fullerton Temple Young Adult Group (YAG) Meeting on Sunday, March 11 at 12:30 pm**

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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).