

## **Inspirational Service with Introduction to Meditation**

**Thursday, August 2 - 7:30 pm to 9:00 pm**

On August 2, the service will include a guided meditation and provide a chance to invite interested family and friends to learn more about yoga meditation and the SRF teachings. Those who are experienced in meditation will get tips for going deeper. We will begin at 7:30 pm with kirtan chanting, and the guided meditation will begin at 8:00 pm.

## **Self-Realization Fellowship World Convocation**

**Sunday, August 5 to Saturday, August 11**

Self-Realization Fellowship cordially invites all to the **2018 World Convocation**, an inspiring week of spiritual fellowship and classes on the teachings of Paramahansa Yogananda. Please check [www.yogananda-srf.org](http://www.yogananda-srf.org) for registration, event schedules, ticket prices, and hotel information.

**Note:** Due to the many Fullerton Temple volunteers serving at Convocation, there will be no Sunday School classes on August 5 and the Fullerton Bookroom will be closed. The Thursday Evening Lecture Service will be canceled on August 9, and the Bookroom will be closed. There will be no Morning and Evening Group Meditation on Saturday, August 4 and the Evening Group Meditation on Saturday, August 11 has also been canceled.

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

**Friday August 17– Gita Study Group from 7:30 pm to 9:00 pm**

**Saturday August 18 – Study Group from 9:30 am; Service Day from 10:15 am**

The weekend of fellowship begins Friday evening, August 17 at 7:30 pm with the Gita Study Group. On Saturday, August 18, the Study Group 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 1/2 hour meditation, followed by a delicious vegetarian lunch. Everyone is welcome to attend this day of fellowship at Fullerton Temple.

## **Fellowship Sunday**

**Sunday, August 19 - 12:30 pm**

Everyone is invited to attend our Fellowship Sunday on August 19 in the Social Room, following the morning Lecture Service. This is a great opportunity to see what goes on behind the scenes, make friends, get involved with temple activities, and meet informally with our minister. Light refreshments will be provided, and all are welcome.

## **Six Hour Meditation**

**Saturday, August 25 - 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.

## **Upcoming Events: Sunday, September 2nd:**

Young Adult Group meeting - 12:30 pm

Janmashtami - Service 8:00 pm, optional meditation 6:30 pm - 7:30 pm.