

Young Adult Group Meeting - Sunday, October 7 - 12:30 pm

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

Fullerton Temple One-Day Retreat

Saturday, October 13 - 10:00 am to 3:30 pm

Please join us on Saturday, October 13, for a monastic-led, One-Day Retreat at Fullerton Temple. The program will begin at 10:00 am. 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 13. 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 6. 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.

Thanksgiving Food Drive

Sunday, October 14 to Sunday, November 11

Our Thanksgiving Food Drive at Fullerton Temple will start on Sunday, October 14, and it will end on Sunday, November 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, October 19 – Gita Study Group, 7:30 pm to 9:00 pm

Saturday, October 20 – Study Group, 9:30 am: Service Day, 10:15 am

The weekend of fellowship begins Friday evening, October 19 at 7:30 pm with the Gita Study Group. On Saturday, October 20, the Study Group for *The Second Coming of Christ*, 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.

Open House / Film

Sunday, October 21 - 10:00 am - 2 pm

A special Open House will be held on Sunday, October 21. 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 based on Kriya yoga Teachings of Paramahansa Yogananda*. There will be a hosted informal reception with refreshments at 12:00 noon, followed by the film "Awake: The Life of Yogananda." All are welcome!

Six Hour Meditation

Saturday, October 27 - 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 canceled.

Hong-Sau Technique Review

Sunday, October 28- 9:15 am -9:55 am

The *Hong-Sau* technique class for the newcomers will be held at 9:15 am in the Sunday School room. The review will be conducted by one of Fullerton Temple's ministers. Newcomers interested in the meditation teachings of Paramahansa Yogananda may attend this class by enrolling in the SRF Lessons prior to October 28. Applications can be found in the Temple foyer or enroll online at www.srflessons.org.

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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).