

Inspirational Service & Introduction to Meditation

Thursday, April 4

Kirtan - 7:30 to 8:00 pm; Meditation - 8:00 to 9:00 pm

The evening begins with Kirtan chanting at 7:30 pm, followed by the service at 8:00 pm. You will learn simple yet profound methods of meditation and become acquainted with the Kriya Yoga teachings of Paramahansa Yogananda, founder of Self-Realization Fellowship. *(Please note that, at this time, only the first Thursday evening of the month is scheduled for the evening service at Fullerton Temple.)*

Young Adult Group Meeting

Sunday, April 7 - 12:30 to 1:30 pm

Fullerton Temple offers special activities, led by a minister of Self-Realization Fellowship, for adults between the ages of 18 and 39. The meeting will now be held in the Social Room

Service Day

Saturday, April 20 - 10:00 am to 2:00 pm

Help keep our temple beautiful. Join us for the monthly Service Day. Enjoy fellowship as we help with cleaning, gardening, and light maintenance. We will 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.

Aum Technique Review

Sunday, April 21 to 12:30 pm

All SRF lessons students and Kriyabans are welcome to attend a review of the Aum technique. The review will be conducted by one of Fullerton Temple's ministers. Please bring your Kriyaban or Lessons Student card on the day of the event. Anyone who is not an SRF Lessons student, but interested in attending the class, should apply for the lessons online (<https://yogananda.org/lessons>).

Upcoming Events:

- Cooking with Chef Mario: May 4
- Spring Fundraiser: May 5
- Spring Food Drive begins: May 5
- Sri Yukteswar Birthday Commemorative service: May 10
- Flower Arranging and Beginners Garland Workshop: May 11
- Mother's Day Flower sale: May 12
- Six- Hour Meditation: May 25

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You can also receive information on Temple activities and events by calling 714-525-1291 or via email by subscribing to our eNewsletter from our Temple website, [www.fullertontemple.org](http://www.fullertontemple.org).