### Inspirational Service & Introduction to Meditation

### Thursday, October 3

#### 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.

# Kriyaban Ceremony Saturday, October 5 - Arrive by 5:15 pm

The ceremony starts at 6:00 pm

On Saturday, October 5, Fullerton Temple will hold a Kriyaban Ceremony for all Self-Realization Fellowship Kriyabans. All Kriyabans are welcome to attend but must register at the registration table after Sunday morning services. Please arrive by 5:15 pm. The ceremony starts at 6:00 pm. Please bring your Kiryaban Card with you. If you have misplaced your Kriyaban card, it can be replaced by contacting Mother Center or is available on your SRF membership app on the phone. (*The regular Saturday evening meditation on October 5 has been cancelled.*)

## Young Adult Group Meeting Sunday, October 6 - 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 be held in the Social Room.

# Sunday School Retreat Saturday, October 19 - 10:00 am to 2:00 pm

Sunday School will be having a retreat for children ages 4 to 12 and teens. The theme this year is "God is my Best Friend". There will be special activities for the children such as a craft project. A Minister will lead a short Meditation and a Hong Sau Ceremony for children ages 10 and up and teens. A vegetarian lunch will be served so children can enjoy it together.

# Service Day <u>Saturday, October 19 - 10:00 am to 2:00 pm</u>

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 half hour of meditation. A vegetarian lunch will be served. Everyone is welcome to attend this day of fellowship at Fullerton Temple.

# Thanksgiving Food Drive <u>Sunday, October 20 to Sunday, November 10</u>

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.

### **Upcoming Events:**

Thanksgiving Food Drive Ends: Sunday November 10, 2024

Christmas Toy Drive Begins: Sunday November 17 to December 15, 2024

General Temple Meeting: Sunday, November 17, 12:30 – 1:30 pm

Thanksgiving Meditation and Fellowship Potluck: Thursday, November 28, 10 am – 2:00 pm

You can also receive information on Temple activities and events via email by subscribing to our eNewsletter from our Temple website, www.fullertontemple.org.