

Introduction to Yoga Meditation and Kirtan

Thursday, October 1

Kirtan - 7:30 to 8:00 pm / Service - 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 meditation methods and become acquainted with the Kriya Yoga teachings of Paramahansa Yogananda, the founder of Self-Realization Fellowship.

Kriyaban Ceremony

Saturday, October 10 - Arrive by 5:15 pm

The ceremony starts at 6:00 pm

Fullerton Temple will hold a Kriyaban Ceremony for all SRF Kriyabans. Please make sure to arrive by 5:30 PM. Registration is available at the table in the courtyard following Sunday morning services on September 27 and October 4, or online. Please bring your Kriyaban card with you to the ceremony and remember you can also use the SRF App to show your Kriyaban status. You will be given detailed instructions about the arrival time and the other pertinent instructions about the ceremony during registration. The closing time is approximate. *(The regular Saturday evening meditation is canceled.)*

To register for the Kriyaban Ceremony, please scan the QR code below or use the link.



https://docs.google.com/forms/d/e/1FAIpQLSegIFuvvjgK-v32JRW6edSmhP6kM_k8NbljLzu4swEQpbt2Fw/viewform?usp=sharing&ouid=100067070254156288943).

Service Day

Saturday, October 17 - 10:00 am to 2:00 pm

Please 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

Sunday, October 19 to Sunday, November 9

Please bring nonperishable food items such as canned, dried, and bottled food to the Social Room before or after the service. The food will be donated to the Pathways of Hope Distribution Center in Fullerton. Thank you for your support.

Six-Hour Meditation

Saturday, October 24 - 9:00 am to 3:00 pm

Lay disciples will lead a six-hour meditation accompanied by the Temple's Kirtan group. There will be an intermission halfway through the meditation. *(The Saturday evening meditation is canceled.)*

Young Adults Retreat led by Bro. Ekananda

Saturday, October 31 - 10:00 am to 2:30 pm

Meetings

Young Adults Group Meeting: Sunday, October 4 – 12:30 to 1:30 pm

Senior Adults Group Meeting: Sunday, October 25 – 12:30 to 1:30 pm

(All meetings are held in the social room unless announced otherwise)

Adult Group Zoom Meeting: Tuesday, October 6 – 7:00 pm

Upcoming Events:

- **Christmas Toy Drive:** November 16 to December 7
- **Thanksgiving Meditation and Fellowship Potluck:** Thursday, November 26, 10 am-1:30 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.