Introduction to Yoga Meditation and Kirtan

Thursday, November 5

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.

Thanksgiving Food Drive

Concluding Sunday, November 8

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!

Christmas Toy Drive

Sunday, November 15 to Sunday, December 6

Please bring any new unwrapped toys to the Social Room before or after the service. Gift cards from Target are also appreciated for young people aged 12 and over. Gift cards may be placed in the special gift box in the foyer. Toys and gift card donations will be distributed through Pathways of Hope in Fullerton. Thank you for helping make the holidays brighter for local families.

Thanksgiving Meditation and Fellowship

Thursday, November 26 - 10:00 am to 1:30 pm

Please join the SRF Family members for Thanksgiving meditation from 10:00 am to 12:00 pm, followed by a delightful potluck lunch. Vegetarian "turkey" will be provided by the Temple, but we need your help in bringing side dishes and desserts. Please sign up at the front courtyard after the service, or you may sign up online.

Meetings

Young Adults Group Meeting: *Sunday, November 1 – 12:30 to 1:30 pm*
Senior Adults Group Meeting: *Sunday, November 22 – 12:30 to 1:30 pm*
Adult Group Zoom Meeting: *Tuesday, November 3 – 7:00 pm*

Upcoming Events:

- **Temple Decorations:** December 5 – 10 am – 1 pm; Meditation from 9:00 am - 10:00 am
- **All Day Christmas Meditation:** Saturday, December 19, 10:00 am - 6:00 pm
- **Sunday School Christmas Fellowship:** Sunday, December 20, 12 noon- 1:30 pm
- **Adult and Teen Christmas Fellowship:** Sunday, December 20, 5:30 pm – 8:30 pm
- **New Year's Eve Meditation:** Thursday, December 31, 9:30 pm – January 1, 2027-12:30 am

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