

Self-Realization Fellowship

Encinitas Temple

2019 January, February & March Services and Events

Regularly Scheduled Services

Sunday	8:00 - 9:00	a.m.	Temple	Meditation
	9:30 - 10:30	a.m.	Temple & J St. Chapel	Inspirational Service (at J St. Chapel by video only)
	9:30 - 10:30	a.m.	Temple & J St. Chapel	Sunday School at Temple, Teen Program at J St. Chapel
	11:00 - 12:00	p.m.	Temple & J St. Chapel	Inspirational Service (at J St. Chapel by video only)
	4:30 - 6:30	p.m.	Temple	<i>God Talks with Arjuna: The Bhagavad Gita</i> Reading & Meditation Service
	6:40 - 6:55	p.m.	Temple Patio	Group Energization Exercises
	7:00 - 9:00	p.m.	Temple	Meditation ¹
Monday	6:40 - 6:55	p.m.	Temple Patio	Group Energization Exercises
	7:00 - 9:00	p.m.	Temple	<i>SRF Lessons</i> Reading & Meditation Service
Tuesday	6:40 - 6:55	p.m.	Temple Patio	Group Energization Exercises
	7:00 - 9:00	p.m.	Temple	Young Adult Group Meditation and <i>Satsanga</i> ² with Minister (2 nd Tuesday only)
Wednesday	7:00 - 9:00	p.m.	J St. Chapel	Meditation (2 nd , 4 th Wednesday), Kirtan & Meditation (1 st , 3 rd and 5 th Wednesday)
Thursday	7:00 - 8:00	p.m.	Temple	Inspirational Service & Prayer Circle (Guided Meditation on 1 st Thursday and <i>Satsanga</i> ² on 3 rd Thursday)
Friday	6:40 - 6:55	p.m.	Temple Patio	Group Energization Exercises
	7:00 - 9:00	p.m.	Temple	<i>Second Coming of Christ</i> Reading & Meditation Service
Saturday	6:00 - 6:15	a.m.	Temple Patio	Group Energization Exercises
	6:20 - 8:50	a.m.	Temple	Meditation
	5:40 - 5:55	p.m.	J St. Chapel Patio	Group Energization Exercises
	6:00 - 9:00	p.m.	J St. Chapel	Meditation ¹ (with Kirtan on 1 st Saturday)
	8:00 a.m.-2:00	p.m.	J St. Chapel	6-hour Meditation ¹ & ³ (for dates, see Special Services on back page). This replaces 6 a.m. and 6 p.m. meditations
	5:40 - 5:55	p.m.	Temple Patio	Group Energization Exercises
	6:00 - 8:00	p.m.	Temple	<i>Wine of the Mystic</i> Reading and Meditation Service (day and date corresponds with monthly 6-hour meditation schedule)
Daily	12:00 - 4:00	p.m.	J St. Chapel	Individual Meditation

¹ Admittance at the beginning only.

² *Satsanga* means Fellowship with Truth. The Minister answers questions submitted online at www.EncinitasTemple.org and in the foyer credenza.

³ The regularly scheduled service for this day and time (listed on this page) is canceled.

Encinitas Temple: (760) 436-7220, www.EncinitasTemple.org

www.Yogananda-SRF.org

Special Services and Events continued on the back page

Special Services and Events

January	Saturday	5	Paramahansa Yogananda's Birthday Service ³ (Temple & J St. Chapel - doors open at 6:00 p.m.)	7:00 p.m. - 8:30 p.m.
	Saturday	12	Paramahansa Yogananda's Commemorative Meditation ^{1&3} (Temple & J Street Chapel)	10:00 a.m. - 4:00 p.m.
	Tuesday	15	Monthly Temple Meeting (Temple)	7:00 p.m. - 8:30 p.m.
	Saturday	19	Day of Service	9:00 a.m. - 12:00 p.m.
	Saturday	26	6-hour Meditation (J Street Chapel) ^{1&3}	8:00 a.m. - 2:00 p.m.
February	Sunday	3	Energization Exercises Technique Class (Temple)	12:30 p.m. - 1:30 p.m.
	Saturday	16	Day of Service	9:00 a.m. - 12:00 p.m.
	Saturday	23	6-hour Meditation (J Street Chapel) ^{1&3}	8:00 a.m. - 2:00 p.m.
	Sunday	24	Hong-Sau Technique Class (Temple)	12:30 p.m. - 1:30 p.m.
	Tuesday	26	Monthly Temple Meeting (Temple)	7:00 p.m. - 8:30 p.m.
March	Thursday	7	Paramahansa Yogananda's Mahasamadhi Service ³ (Temple & J Street Chapel - doors open at 6:00 p.m.)	7:00 p.m. - 8:30 p.m.
	Saturday	9	Swami Sri Yukteswar's Mahasamadhi Service ³ (Temple & J Street Chapel - doors open at 6:00 p.m.)	7:00 p.m. - 8:30 p.m.
	Saturday	16	Day of Service	9:00 a.m. - 12:00 p.m.
	Saturday	23	6-hour Meditation (J Street Chapel) ^{1&3}	8:00 a.m. - 2:00 p.m.
	Sunday	24	Aum Technique Class (Temple)	12:30 p.m. - 1:30 p.m.
	Tuesday	26	Monthly Temple Meeting (Temple)	7:00 p.m. - 8:30 p.m.

Commemorative Services

Special commemorative services are held to honor the anniversaries of the Self-Realization Fellowship Gurus. It is customary to bring a flower you have chosen as a symbol of your devotion and a monetary offering in an envelope as an expression of your loyalty and support of the Guru's work

Monthly Temple Meeting

Meeting begins with a half-hour meditation. Our minister then reads from *Autobiography of a Yogi* and discusses how we can apply its principles in our lives. Updates on Temple activities and projects follow.

Day of Service

Day of Service begins with a short meditation led by the minister. We then break into work groups for cleaning, gardening, and maintenance projects. Lunch is provided at noon. This is a wonderful opportunity for spiritual fellowship and service to the Guru.