

## SELF-REALIZATION FELLOWSHIP RETREATS

Our *How-to-Live Retreat* Programs in southern California are open to all who wish to get away from the pressures of daily life for a few days in order to renew body, mind, and soul. Two types of retreat programs are offered:

—*General retreats* are loosely structured, with classes and inspirational programs, and opportunities for spiritual counseling. Participants join SRF monastics in their morning and evening periods of meditation.

—*Conducted weekend retreats*, in addition to the above, offer a concentrated program of classes on the SRF teachings and meditation techniques.

Please contact the retreat offices for more information, or visit us online at [www.yogananda-srf.org](http://www.yogananda-srf.org).

### *How-to-Live Retreat Programs—Encinitas*

The Encinitas Retreat, with scenic pathways and meditation gardens overlooking the Pacific Ocean, is located on the grounds of the SRF Ashram Center and Hermitage, one hundred miles south of Los Angeles.

For reservations or more information, please write or call:

**SRF ENCINITAS RETREAT**  
215 K St., Encinitas, CA 92024  
[encretreat@yogananda-srf.org](mailto:encretreat@yogananda-srf.org) (760) 753-1811

### *How-to-Live Retreat Programs—Lake Shrine*

The Lake Shrine Retreat is located just above the serene grounds of our Lake Shrine sanctuary in Pacific Palisades, which features a spring-fed lake, beautiful foliage, meditation nooks, and the rustic Windmill Chapel.

For reservations or more information, please write or call:

**SRF LAKE SHRINE RETREAT**  
17190 Sunset Blvd., Pacific Palisades, CA 90272  
[lsretreat@yogananda-srf.org](mailto:lsretreat@yogananda-srf.org) (310) 459-4740

**NOTE:** The Encinitas Retreat will be closed December 16–27.

The Lake Shrine Retreat will be closed December 16–January 2, 2019.

Both Retreats will be closed for the 2018 Convocation, August 5–11.

## CONDUCTED *HOW-TO-LIVE RETREAT* PROGRAMS

### —Schedule for 2018—

ENCINITAS		LAKE SHRINE
MEN & WOMEN	WOMEN	MEN & WOMEN
Jan. 26–28 <b>(Kriyaban)</b>		Jan. 26–28
Feb. 9–11	Feb. 16–18	Feb. 9–11 Feb. 23–25
March 16–18 <b>(Kriyaban)</b>	March 2–4 <b>(Kriyaban)</b> March 23–25	March 16–18 March 23–25
April 27–29 <b>(Kriyaban)</b>	April 13–15 April 20–22 <b>(Spanish)</b>	April 14 <b>(Kriyaban)</b> April 27–29
May 18–20	May 4–6 <b>(Kriyaban)</b>	May 4–6 May 18–20
June 1–3 <b>(Kriyaban)</b> June 15–17	June 8–10	June 8–10 June 22–24
Sept. 7–9 Sept. 21–23 <b>(Kriyaban)</b>	Sept. 14–16 <b>(Kriyaban)</b>	Sept. 14–16
Oct. 12–14	Oct. 19–21 <b>(Kriyaban)</b>	Oct. 12–14 Oct. 26–28
Nov. 9–11		Nov. 9–11

### Guest Programs for Men—Hidden Valley

Resident programs and guest programs for men are offered at our Hidden Valley Monks' Ashram Center, located on more than one hundred acres in the scenic hill country near Escondido, thirty miles east of Encinitas.

For reservations or more information, please write or call:

**SRF HIDDEN VALLEY ASHRAM**  
16455 Old Guejito Grade Road, Escondido, CA 92027  
[info@hvashram.org](mailto:info@hvashram.org) (760) 749-3399  
[www.hvashram.org](http://www.hvashram.org)

## Sunday Services

At 11:00 a.m. in all temples except Phoenix (10:00 a.m.)

*The same lecture is also given at 9:00 a.m. in our Pacific Palisades temple, and at 9:30 a.m. in our Hollywood, Encinitas, and San Diego temples.*

### JANUARY

- 7 The Science of Knowing God
- 14 Belief, Faith, and Wisdom
- 21 The Infinite Power Within You
- 28 What Is Heaven?

### FEBRUARY

- 4 God's Vital Laws of Health and Well-being
- 11 Living the Spiritual Life in a Material World
- 18 True Religion: A Universal Need
- 25 The Way to Be Happy at Will

### MARCH

- 4 Expanding Your Awareness of God
- 11 Regain Your Divine Heritage
- 18 Controlling the Power of Habit
- 25 The Deeper Teachings of Jesus Christ

### APRIL

- 1 The True Meaning of Resurrection
- 8 The Secret of Spiritual Success
- 15 Peace: The Altar of Heaven
- 22 Balancing Your Material and Spiritual Life
- 29 Healing by God's Unlimited Power

### MAY

- 6 What Is Love?
- 13 The Mother Aspect of God
- 20 Anchor Yourself in God
- 27 Sacred Literature: A World of Solace

### JUNE

- 3 Why Our Loved Ones Die
- 10 The Universe: God's Cosmic Dream
- 17 The Father Aspect of God
- 24 Attuning Your Life to God's Abundance

## JULY

- 1 How You Can Talk With God
- 8 The Spiritual Foundations of World Peace
- 15 Reincarnation: The Soul's Journey to God
- 22 Universal Steps That Lead to God-communion
- 29 Great Saints and Illumined Teachers: God's Messengers of Truth

## AUGUST

- 5 Understanding the Mystery of Life and Death
- 12 Awakening Your Divine Nature
- 19 Your Role in God's Drama of Creation
- 26 Meditation: The Divine Science

## SEPTEMBER

- 2 How Thoughts Can Change Your life
- 9 Service: The Power of Love in Action
- 16 Karma: The Law of Cosmic Justice
- 23 What Is God's True Nature?
- 30 How to Bring God Into Daily Life

## OCTOBER

- 7 Loyalty: Highest Law of Spiritual Success
- 14 What Is Truth?
- 21 Ways to Conquer Fear
- 28 What Is the Soul?

## NOVEMBER

- 4 Overcoming Nervousness
- 11 A Spiritual Approach to World Peace
- 18 Habit: Your Master or Your Slave?
- 25 Giving Thanks for Life's Blessings

## DECEMBER

- 2 The Purpose of Life
- 9 How to Find Lasting Joy
- 16 The Divine Nature of Christ
- 23 Celebrating Christmas in the Temple of the Soul
- 30 Make Yourself What You Want to Be

*Please note: Recording of services is not permitted.*

## Kriya Yoga Initiations

Kriya Yoga initiations are scheduled for the following locations and dates in 2018. Self-Realization Fellowship students in each area will be sent full details in advance.

- Feb. 24 Mother Center
- Feb. 24 Havana, Cuba
- Mar. 3 Tampa, Florida
- Mar. 10 Santiago, Chile
- Mar. 17 Buenos Aires, Argentina
- Apr. 7 Houston, Texas
- Apr. 21 Boston, Massachusetts
- May 12 London, England
- May 19 Mother Center
- May 20 Munich (Rosenheim), Germany
- Aug. 10 Convocation
- Oct. 6 Bologna, Italy
- Oct. 13 Madrid, Spain
- Nov. 3 Rio de Janeiro, Brazil
- Nov. 10 Cuenca, Ecuador
- Nov. 10 Mother Center

# Self-Realization Fellowship Temples & Retreats

## SCHEDULE OF SERVICES

# 2018

*"Giving love to all, feeling the love of God,  
seeing His presence in everyone...  
that is the way to live in this world."*

—Paramahansa Yogananda

**SELF-REALIZATION FELLOWSHIP**  
3880 San Rafael Avenue, Los Angeles, CA 90065-3219  
Telephone: (323) 225-2471 • FAX: (323) 225-5088  
[www.yogananda-srf.org](http://www.yogananda-srf.org)  
10050-J5511



Dear Friend,

We welcome you to this Self-Realization Fellowship temple, and sincerely hope that you will enjoy your visit. Whether you have come to attend a service or just to “get acquainted,” we hope that you will find in this sanctuary of peace a deeper inspiration and inner guidance for your life’s journey, and that you will feel free to return as often as you wish.

Inspirational services are held each Sunday morning and Thursday evening, and there are also Sunday morning children’s services at all our temples. Following the Thursday evening inspirational service, a special prayer and healing service is held. We would be pleased to have you join us and the other members of our Worldwide Prayer Circle in praying for those in need and for our world family as a whole. And if you would like to request prayers for yourself or your family or friends, you are welcome to leave their names in the box marked “Prayer Requests,” or enter their names online at [www.yogananda-srf.org](http://www.yogananda-srf.org).

Self-Realization Fellowship is an international non-profit religious society founded in 1920 by Paramahansa Yogananda. The society is dedicated to carrying on the spiritual and humanitarian work that he began—seeking to foster greater harmony and understanding among those of all races, religions, and nationalities, and introducing to truth-seekers all over the world his universal teachings on the ancient science of yoga.

Our ministers periodically conduct classes in the Self-Realization teachings and techniques at our SRF temples, as well as during visits to major cities in the United States and abroad and at our annual Convocation held each summer in Los Angeles. A series of lessons for home study is also available. Compiled from Paramahansa Yogananda’s lectures and writings, the *Self-Realization Fellowship Lessons* give instruction in the spiritual way of life and the methods of meditation that he taught. These center around the practice of *Kriya Yoga*, a highly effective system of yoga meditation whose goal is direct, personal experience of God.

If you have any questions about the Self-Realization Fellowship teachings, one of our ministers will be happy to

speak with you. You are also welcome to visit our temple bookroom, where books and recordings by Paramahansa Yogananda, other Self-Realization publications, and free literature are available.

Self-Realization Fellowship has centers and meditation groups throughout the world. Please check our website for locations: [www.yogananda-srf.org](http://www.yogananda-srf.org)

Sign up for our monthly eNewsletter and receive inspirational quotes, articles, and tips for daily living as well as the latest news and events from the Self-Realization Fellowship worldwide community at [www.yogananda-srf.org](http://www.yogananda-srf.org).

*“Self-realization is the knowing—in body, mind, and soul—that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God’s omnipresence is our omnipresence: that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing.”*

—Paramahansa Yogananda

## Commemorative Services

At our Self-Realization Fellowship temples, we observe a number of anniversaries each year with a special commemorative ceremony. The exact times of these commemoration services and the other events listed below will be announced at the temples in advance.

Jan.	5	Birthday of Paramahansa Yogananda (1893)
Jan.	13	Paramahansa Yogananda Commemorative Meditation
Mar.	7	<i>Mahasamadhi</i> of Paramahansa Yogananda (1952)
Mar.	9	<i>Mahasamadhi</i> of Sri Yukteswar (1936)
Mar.	30	Good Friday
Apr.	1	Easter Sunday
May	10	Birthday of Sri Yukteswar (1855)
July	25	Mahavatar Babaji Commemoration Day
Sept.	2	<i>Janmashtami</i> (birth of Bhagavan Krishna)
Sept.	26	<i>Mahasamadhi</i> of Lahiri Mahasaya (1895)
Sept.	30	Birthday of Lahiri Mahasaya (1828)
Dec.	15	All-Day Christmas Meditation

## SELF-REALIZATION FELLOWSHIP TEMPLES CALIFORNIA

### BERKELEY

3201 Shattuck Ave., Berkeley, CA 94705  
[www.berkeleytemple.org](http://www.berkeleytemple.org) (510) 984-0084

<b>SUNDAY</b>		<b>TUESDAY</b>	
Meditation	10:00 a.m.	Energization Exercises	7:00 p.m.
Lecture †	11:00 a.m.	Meditation	7:15–9:00 p.m.
Sunday School*	11:00 a.m.		
<b>MONDAY</b>		<b>THURSDAY</b>	
<i>Lessons</i> Study Group	7:00–8:00 p.m.	Meditation	7:00–7:45 p.m.
<i>Bhagavad Gita</i> Study Group	8:00–9:00 p.m.	Inspirational Service	8:00 p.m.
		<b>SATURDAY</b>	
		Energization Exercises	6:00 p.m.
		Meditation	6:15–9:00 p.m. (with <i>kirtan</i> 2nd Sat. each month)

Our Thursday evening inspirational services include a talk by the minister on various aspects of the teachings of Paramahansa Yogananda, as well as a period of meditation and chanting.

On the third Thursday of each month, instead of a lecture service, the minister leads a *satsanga* (literally, “fellowship with Truth”). During each *satsanga* the minister answers questions previously submitted in writing. If you have a question, please write it on a piece of paper and place in the box designated for this purpose.

### ENCINITAS

TEMPLE: 939 Second St., Encinitas, CA 92024  
[www.encinitastemple.org](http://www.encinitastemple.org) (760) 436-7220  
J ST. CHAPEL: 1105 Second St., Encinitas, CA 92024  
RETREAT: 215 K St. (760) 753-1811  
Temple open daily for individual meditation: 12:00–4:00 p.m.

<b>SUNDAY</b>		<b>THURSDAY</b>	
Meditation	8:00–9:00 a.m.	Lecture & Prayer Circle	7:00–8:30 p.m.
Lecture	9:30–10:30 a.m. (also by video at J St. Chapel)		
Sunday School*	9:30–10:30 a.m.	<b>FRIDAY</b>	
Teen Program (J St. Chapel)	9:30–10:30 a.m.	Energization Exercises	6:40 p.m.
Lecture	11:00 a.m.–12:00 p.m. (also by video at J St. Chapel)	<i>The Second Coming of Christ</i> Reading & Meditation	7:00–9:00 p.m.
<i>Bhagavad Gita</i> Reading & Meditation	4:30–6:30 p.m.	<b>SATURDAY</b>	
Energization Exercises	6:40 p.m.	Meditation with Energization Exercises ‡	6:00–8:50 a.m.
Meditation	7:00–9:00 p.m.	Meditation †	6:00–9:00 p.m. (J St. Chapel) ( <i>Kirtan</i> on 1st Sat. each month)
<b>MONDAY</b>		6-hour Meditation	8:00 a.m.–2:00 p.m. (J St. Chapel) (4th Sat. each month)
Energization Exercises	6:40 p.m.		
<i>SRF Lessons</i> Reading & Meditation	7:00–9:00 p.m.		
<b>WEDNESDAY</b>			
Meditation (J St. Chapel)	7:00–9:00 p.m. ( <i>Kirtan</i> on 1st, 3rd & 5th Wed. each month)		

### FULLERTON

142 East Chapman Ave., Fullerton, CA 92832  
[www.fullertontemple.org](http://www.fullertontemple.org) (714) 525-1291

<b>SUNDAY</b>		<b>SATURDAY</b>	
Meditation	10:00 a.m.	Energization Exercises	6:00 p.m.
Lecture †	11:00 a.m.	Meditation	6:15–9:00 p.m.
Sunday School*	11:00 a.m.	<i>Autobiography of Yogi</i> Study Group	9:30–10:15 a.m. (3rd Sat. each month except July and Dec.)
<b>THURSDAY</b>		Day of Service (vegetarian lunch provided)	10:15 a.m.–2:00 p.m. (3rd Sat. each month except July and Dec.)
Lecture & Prayer Circle	8:00 p.m.	6-hour Meditation	9:00 a.m.–3:00 p.m. (Evening meditation cancelled) (4th Sat. each month, except Jan. and Dec.)
<i>Kirtan</i> (First Thurs. each month)	7:30–7:50 p.m.		
Introduction to Meditation & Prayer Circle	8:00–9:00 p.m.		
Followed by refreshments and fellowship (First Thurs. each month)			

### FRIDAY

*God Talks with Arjuna* Study Group 7:30–9:00 p.m.  
(3rd Friday each month. Check temple calendar for exceptions.)

Saturday meditations are subject to cancellation to avoid conflict with special events.

### GLENDALE

2146 E. Chevy Chase Dr., Glendale, CA 91206  
[www.glendaletemple.org](http://www.glendaletemple.org) (818) 543-0800

<b>SUNDAY</b>		<b>TUESDAY</b>	
Meditation	10:00 a.m.	Open Meditation	6:30–7:30 p.m.
Lecture †	11:00 a.m.	<i>The Second Coming of Christ</i> Study Group (small chapel)	7:30–8:30 p.m.
Sunday School*	11:00 a.m.		
Meditation	6:30–9:30 p.m.	<b>MONDAY</b>	
		Energization Exercises	7:00 p.m.
		Meditation	7:15–9:00 p.m.
		<b>THURSDAY</b>	
		Open Meditation	6:30–7:30 p.m.
		Lecture & Prayer Circle	7:30 p.m.
		<b>FRIDAY</b>	
		Energization Exercises	7:00 p.m.
		Meditation	7:15–9:30 p.m.

### HOLLYWOOD

4860 Sunset Blvd., Los Angeles, CA 90027  
[www.hollywoodtemple.org](http://www.hollywoodtemple.org) (323) 661-8006  
Temple open daily for individual meditation: 5:30 p.m.–7:30 p.m. **Tuesday–Saturday**

<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Meditation	8:30 a.m.	<i>Sadhana Sangha</i> † (1st Wed. each month)	7:30 p.m.
Lecture †	9:30 a.m.	Lay Disciple Group (4th Wed. each month)	7:30 p.m.
Sunday School*	9:30 a.m.		
Lecture †	11:00 a.m.	<b>THURSDAY</b>	
Intro. to Meditation (1st Sun. each month)	12:10–12:40 p.m.	Intro. to Meditation	12:00–12:30 p.m.
Senior Devotees’ Group (4th Sun. each month)	1:00 p.m.	Lecture & Prayer Circle	8:00 p.m.
Energization Exercises	5:40 p.m.	<b>FRIDAY</b>	
Meditation	6:00–9:00 p.m.	Energization Exercises	6:40 p.m.
		Meditation (with <i>kirtan</i> )	7:00–10:00 p.m.
<b>TUESDAY</b>			
Women’s Hatha Yoga	6:00 p.m.		
Men’s Hatha Yoga	7:30 p.m.		

### PACIFIC PALISADES

LAKE SHRINE AND MAHATMA GANDHI WORLD PEACE MEMORIAL:  
17190 Sunset Blvd., Pacific Palisades, CA 90272  
[www.lakeshrine.org](http://www.lakeshrine.org) (310) 454-4114  
(Closed on Mondays and holidays)  
RETREAT: (310) 459-4740  
TEMPLE: 17080 Sunset Blvd. [www.lakeshrinetemple.org](http://www.lakeshrinetemple.org)

<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Lecture †	9:00 a.m.	Guided Meditation for Beginners	12:00–12:30 p.m.
Sunday School*	9:00 a.m.		
Lecture †	11:00 a.m.	<b>THURSDAY</b>	
Sunday School*	11:00 a.m.	Lecture & Prayer Circle	8:00 p.m.
Energization Exercises	6:10 p.m.	<b>FRIDAY</b>	
Meditation	6:30–9:30 p.m.	Energization Exercises	7:10 p.m.
		Meditation	7:30–9:30 p.m.

Parking lot is open 45 minutes prior to services.

### SAN DIEGO

3072 First Ave., San Diego, CA 92103  
[www.sandiegotemple.org](http://www.sandiegotemple.org) (619) 295-0170

<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Meditation	8:30 a.m.	Energization Exercises	6:40 a.m.
Lecture †	9:30 a.m.	Meditation	7:00–9:00 a.m.
Sunday School*	10:45 a.m.	<b>THURSDAY</b>	
Lecture †	11:00 a.m.	Energization Exercises	6:40 a.m.
Energization Exercises	5:10 p.m.	Meditation	7:00–9:00 a.m.
Meditation	5:30–8:30 p.m.	Lecture & Prayer Circle	7:00 p.m.
<b>MONDAY</b>		<b>FRIDAY</b>	
Energization Exercises	6:40 a.m.	Energization Exercises	6:40 a.m.
Meditation	7:00–9:00 a.m.	Meditation	7:00–9:00 a.m.
		Energization Exercises	6:40 p.m.
<b>TUESDAY</b>		Meditation	7:00–8:30 p.m.
Energization Exercises	6:40 a.m.		
Meditation	7:00–9:00 a.m.		
Energization Exercises	6:40 p.m.		
Meditation	7:00–8:30 p.m.		

## ARIZONA

### PHOENIX

6111 North Central Avenue, Phoenix, AZ 85012  
[www.phoenixtemple.org](http://www.phoenixtemple.org) (602) 279-6140  
(Closed on Mondays)

<b>SUNDAY</b>		<b>THURSDAY</b>	
Meditation	9:00 a.m.	Lecture & Prayer Circle	8:00 p.m.
Lecture †	10:00 a.m.	<b>FRIDAY</b>	
Sunday School*	10:00 a.m.	Energization Exercises	6:40 p.m.
Energization Exercises	5:40 p.m.	Meditation	7:00–9:00 p.m.
Meditation	6:00–9:00 p.m.	<b>SATURDAY</b>	
<b>WEDNESDAY</b>		<i>SRF Lessons</i> Study Group	3:30–4:30 p.m.
<i>Bhagavad Gita</i> Study Group	7:00–8:30 p.m.		

\* Minimum age is 3 years.

† Parents with children under 3 years of age may hear service in Family Room.

‡ The Saturday 6:00 a.m. & 6:00 p.m. meditations are cancelled when the 6-hour meditation is scheduled.

§ Young Adults’ Group, ages 20–40