

Self-Realization Fellowship Temple
Fullerton



Information Guide



Information Guide

Self-Realization Fellowship Temple Fullerton

142 East Chapman Avenue
Fullerton, California 92832
714 525-1291

<http://www.fullertontemple.org>

2006

Table of Contents

Introduction..... 1

General Information.....3

Fullerton Temple Services7

Social Activities 10

Opportunities for Service 13

Map of the Temple AreaInside back cover



Introduction

Welcome to Fullerton Temple, a branch of Self-Realization Fellowship, an international nonprofit religious organization, founded in 1920 by Paramahansa Yogananda. Our worldwide headquarters is located in Los Angeles, atop Mt. Washington.

Fullerton Temple was dedicated in June of 1967 by our president Sri Daya Mata. The original temple, in Long Beach, California, was established in 1947 by Paramahansa Yogananda. As the congregation of the Long Beach Temple grew, the need for a larger temple became apparent. This need was eventually fulfilled by the acquisition and establishment of Fullerton Temple.

Fullerton Temple is administered by monastics from the Mother Center in Los Angeles. The minister-in-charge and assistant ministers conduct regularly scheduled public lectures, meditations and other services. Appointments are available for marriage and christening ceremonies, as well as for individual counseling on the practice of the Self-Realization teachings and meditation techniques.

Lay members assist the ministers of Fullerton Temple through a volunteer service group called the Temple Committee. The Temple Committee is made up of various specific committees that involve devotees in one or more of the following activities: (1) cleaning and maintenance of the buildings, (2) upkeep and landscaping of the grounds, (3) conducting Sunday School classes for the children, and (4) assistance with both the planning and conducting of our public services, special events, fund raisers and outreach.

General Temple Meetings are conducted by the minister. At these meetings, current plans, events and other temple business are discussed. The dates of General Temple Meetings are listed on the Fullerton Temple web site at <http://www.fullertontemple.org> and on the Fullerton Temple monthly calendar which is posted on the bulletin board in the foyer and is available on the free literature table in the foyer.

Everyone is welcome to attend the General Temple Meetings, which are held four times a year in the Social Room on Sunday at 12:30 pm.

This Information Guide is intended to help you get acquainted with Fullerton Temple, its services, and activities. There are numerous opportunities available to participate and serve for those who would like to become involved in temple activities.

Again, we welcome you

General Information

Please refer to the map on the inside of the back cover for locations mentioned in this Information Guide.

Welcome Table

For newcomers and those who have questions about the services or activities at the Fullerton Temple, a Welcome Table is set up in the courtyard area in front of the temple each Sunday morning immediately after the eleven o'clock service. Temple members are there to greet you and answer your questions. (If you have questions about specific teachings of Self-Realization Fellowship, however, these should be directed to the minister.)

Free Literature Table

Another source of information about Self-Realization Fellowship is the large table in the temple foyer, on which are various leaflets, brochures, and booklets. In particular, the booklet *Undreamed-of Possibilities* is an excellent introduction to Self-Realization Fellowship. Also available on the free literature table are applications for the SRF Lessons, in both English and Spanish. Please feel free to browse and take with you any items you find of interest.

Bookroom and India Gift Shop

Fullerton Temple's Bookroom is located next door, to the rear of the temple on Whiting Street.

In the Bookroom one may find the many current Self-Realization Fellowship publications for sale. These include the published writings of Paramahansa Yogananda and other disciples of the Guru. The Bookroom has a variety of books, photographs, audio, video and devotional items.

The India Gift Shop is a part of the Bookroom and features a beautiful assortment of imported items.

The Bookroom is open before the Thursday evening service from 7:30 to 7:55 pm. and immediately after the Sunday lecture service from noon to 12:45 pm.

Meditation Garden

The meditation garden is located on the south side of the temple. Weather permitting, the garden is open during Sunday morning meditations to accommodate persons who are too late to be admitted to the chapel. It is also

used for group practice of the Energization Exercises before Saturday evening meditations and during retreats.

Many special events, such as craft sales, bake sales, special breakfasts and luncheons make use of our beautiful meditation garden.

Sunday School

There are Sunday School classes for children from age three through twelve. These are conducted from 11:00 a.m. to noon, coinciding with the lecture service held in the chapel for adults. The children are encouraged to participate in group practice of the SRF Energization Exercises, chanting and brief periods of meditation.

In addition, a Sunday School lesson based on the teachings of Self-Realization Fellowship is an integral part of the class. The lesson may include a craft, play-acting, story telling, guided discussion, and similar fun activities.

Infants

The “Infants’ Room,” located adjacent to the large Sunday School room, is provided for parents accompanied by children under three years of age. The lecture service can be viewed and heard in this room. At least one parent must be present with his or her child at all times. Any child who is not attending Sunday School should be supervised by his or her parents.

Teens and Young Adults

Anyone interested in finding out about Teen or Young Adult activities should contact the Sunday School.

Parking

Free public parking is available with different time limits, in the street level parking area under the apartment building west of the temple. There are entrances into the lot from both Chapman Avenue and Whiting Street.

Free unlimited street parking is available on Sundays and holidays and after 6:00 pm on weekdays, but is otherwise subject to two hour limits as indicated by the signs. Please do not park in or block any driveway.

In the large Plummer parking structure right across the street from Fullerton Temple on Pomona Avenue, parking is free without time limits after 5:00 pm on Fridays and Saturdays and all day Sunday and holidays, but is subject to fees during weekdays.

On Wilshire Blvd, in between Harbor and Pomona, there is a large public parking structure that is free for unlimited periods after 4:00 pm on weekdays and Saturday, and all day Sunday and holidays.

Lost and Found

If you believe you have lost an item while attending a service or activity at the temple, check with any usher to determine if the article has been turned in.

Late Arrivals

So that others are not disturbed during periods of meditation or prayer, persons arriving after the start of a service may be asked by the usher to wait in the foyer for a short time before entering the chapel. When appropriate, the usher will open the chapel doors and allow those who are waiting to enter the chapel and be seated.

At some events, such as Saturday evening meditations, during which there are extended periods of meditation, persons arriving after the start of the event may be directed to seating in another room until a period of chanting. At that time the usher will direct them into the chapel.

Counseling, Weddings, Christenings, Memorial Services

Appointments to see a minister for spiritual counseling regarding the SRF teachings or to make arrangements for a wedding, christening or memorial service at the Fullerton Temple are scheduled by the Appointment Secretary.

The Appointment Secretary may be reached by leaving a message on the Fullerton Temple voice mail number 714-525-1291.



Fullerton Temple Services

Calendars

Fullerton Temple offers three printed calendars as a guide to the various services and events that are available.

A “**Schedule of Services**” is printed every three months by our Self-Realization Fellowship headquarters. Addresses, phone numbers and specific times are listed of services at all SRF temples, as well as the topics that will be covered in the lecture services and the dates of religious observances. It is in a colorful pamphlet style and copies are available on the free literature table.

A **Yearly Events Calendar** is printed at the beginning of each year. It lists all the planned activities and special services during the year at Fullerton Temple, including Sunday School events. This calendar is made available on the free literature table and Welcome Table.

A **monthly calendar** shows the current month's activities for Fullerton Temple and is available either from the free literature table or the Welcome Table after a Sunday service. A copy is also posted on the bulletin board in the foyer in front of the Sunday School door.

Website – Fullerton Temple has a website – <http://www.fullertontemple.org> - which includes the monthly calendar as well as the yearly Events Calendar and general information about Fullerton Temple and Self-Realization Fellowship.

Lecture and Meditation Services

Lecture services are conducted each Sunday morning and each Thursday evening by a Self-Realization Fellowship minister. Meditation services are conducted by monastics or lay members on Saturday evenings, and the meditation is conducted by a minister each Sunday morning preceding the lecture service.

Upcoming events are announced at all lecture services. Copies of the monthly announcements are posted on the bulletin board at the left side of the foyer as one exits the chapel and also on the back of the monthly calendar on the free literature table in the foyer.

Worldwide Prayer Circle

Fullerton Temple joins all other Self-Realization Fellowship Temples, Centers and Meditation Groups in conducting healing services for all those who have asked for healing of physical, mental or spiritual problems. Our healing services are open to all and take only a few moments following the lecture services.

The names of those needing healing prayers may be written and placed in the Prayer Box on the free literature table. Also one may submit names directly to Mother Center in writing or by telephone or online through the SRF Website at <http://www.yogananda-srf.org> . *The Worldwide Prayer Circle* booklet is available on the free literature table.

Satsanga

The third Thursday service of each month is a "Satsanga" (Sanskrit for "fellowship with Truth"). This service is an opportunity to receive answers to your written spiritual questions that you may place in the foyer Satsanga Box .

Religious Observances

The birth and *mahasamadhi* anniversaries of the Gurus of Self-Realization Fellowship are commemorated with traditional ceremonies. An All-Day Christmas Meditation is held on a Saturday near Christmas. There is also a commemorative meditation held on a Saturday close to Paramahansa Yogananda's birthday, January 5th. These two meditations are highlights of the season.

Other Classes

Yoga Postures (*Asanas*): A hatha yoga class for women is conducted each Monday evening from 7:30 to 8:30 pm. A small donation is suggested.

Meditation Techniques: Periodically classes on the meditation techniques taught by SRF are offered to students of the SRF Lessons.



Social Activities

Fullerton Temple offers the opportunity to meet, meditate, serve with and share in divine fellowship with other members of the congregation in a spiritual, harmonious and supportive environment. The temple calendars will list the exact dates and times of the following activities.

Welcome Sunday

Welcome Sunday is held in our Social Room several times a year following the 11 am service. Light refreshments are served and the minister and other devotees are available to welcome and meet informally with newcomers.

Service Day

A Day of Service is held on one Saturday a month (with the exception of one or two months). The day includes service opportunities of light maintenance, housekeeping, and gardening duties and special projects as the need arises. There is a break for a 30 minute meditation at mid-day after which a vegetarian lunch is served.

All are welcome for whatever amount of time they can attend.

The Second Coming of Christ Study Group

This study group is reading Paramahansa Yogananda's '*The Second Coming of Christ*,' and currently meets at the beginning of Service Day.

Bhagavad Gita Study Group

This group meets monthly during most of the year to meditate and read Paramahansa Yogananda's *God Talks With Arjuna*. Refreshments are served at the end of the reading period.

Annual Temple Picnic

This is a potluck outdoor event held at a nearby park. Games, sports, and other activities provide an afternoon of fellowship, relaxation, and fun.

Easter Breakfast

A special Easter breakfast is served after the 8:00 am Sunrise Service and there are special Easter activities for the Sunday School children.

India Night

India Night is a fundraising and festive social event featuring an Indian dinner with entertainment afterwards.

Valentine's Day Bake Sale and Spring Fundraiser

These two fundraising events feature delicious homemade baked goods and food, and may include a crafts sale.

Christmas Parties and Decorating

A festive day of decorating the temple for Christmas takes place in early December. Temple Christmas parties occur on the day after the All-Day Christmas Meditation.

Open House

The temple holds an Open House after a Sunday morning service. It is a chance to meet all the committees and learn about the temple. Light refreshments are served.

Poetry Readings

Poetry Reading Nights, held once or twice a year, are a chance to read or listen to spiritual poetry. Refreshments are served.

Opportunities for Service

Opportunities to serve and be involved in temple activities are available. There are several volunteer committees that maintain the buildings and manage the activities at Fullerton Temple.

Any service to this temple is appreciated and welcomed. Volunteer forms are available on the free literature table in the foyer and on the Welcome Table in front of the temple after Sunday services, as well as on our temple website. Feel free to take a volunteer form and fill it out and place it in the volunteer form box on the table in the foyer. You will be contacted by the Volunteer Coordinator within a week. Or you may wish to speak with one of the ministers or attend a General Temple Meeting to find out more about service opportunities.

Listed below is an outline of the various committees:

Service Committee

The Service Committee oversees the smooth running of all temple services. Responsibilities include the monthly calendar, announcements at services, overseeing the free literature, Commemoration Services setup and cleanup.

Usher Committee

The Usher Committee involves coordinating the ushering for all temple activities. Responsibilities include: scheduling of ushers, Sunday service announcement readers, meditation leaders, and Prayer Circle leaders, and submitting prayer requests to the Mother Center weekly.

Some positions on this committee require that devotees be Kriyabans (have received Kriya Yoga initiation).

Hostesses / Welcome Committee

The Hostesses / Welcome Committee schedules and provides the hostesses to greet people and answer general questions at the Welcome Table set up in front of the temple on Sundays.

Flower Committee

The Flower Committee selects all the flowers and provides flower arrangements for the weekly Sunday and Thursday services and all seasonal and special events where flowers are needed. The coordinator works with volunteers to assist them

in making flower arrangements until they are comfortable on their own.

Once a year, usually in February, there is a garland making and flower arranging workshop that is open to all who would like to learn these skills.

Garland Committee

The Garland Committee makes all the beautiful garlands that are used for the commemorative services in the temple and the Sunday School. The coordinator sets up a schedule of volunteers at the beginning of each year and oversees the volunteers who create the garlands.

Maintenance Committee

The Maintenance Committee provides regular general care of the temple building and property to make certain it is in good repair. The responsibilities include general maintenance of electric, heat, air conditioning, plumbing and sound system and yearly inspections.

Most of the maintenance work at the temple is done on Service Days and on an as-needed basis. Specific skills are not required but welcomed if available.

Housekeeping Committee

The Housekeeping Committee is responsible for cleaning all areas of the temple on a weekly basis. This involves such activities as vacuuming, dusting, polishing brass, and cleaning windows, and care of cleaning supplies and restocking restroom supplies. There are cleaning crews which serve on a rotating basis for a couple hours, usually on a Saturday morning approximately every seven weeks.

Garden Committee

The Garden Committee maintains attractive landscape around the temple by performing weekly grounds-keeping tasks, planning for seasonal landscape, scheduling fertilizing and pruning, and insuring maintenance and storage of garden equipment.

Garden crews of several members complete the weekly gardening and grounds keeping tasks on a rotating basis of approximately every eight to nine weeks, serving for a couple hours on a Saturday morning. Specialized skill is not needed.

Special Events Committee

The Special Events Committee coordinates all the social activities and fundraisers throughout the calendar year. Responsibilities include planning the event, setup and cleanup, decorations and table settings, food preparation and distribution, and entertainment.

All are welcome to serve on the Special Events Committee, and no special skills are needed. It is possible to sign up to serve when available, and it is not required to serve on all the events during the year to be on this committee.

Sunday School Committee

The Sunday School Committee is made up of teachers who are Kriyabans and assistant teachers who must be SRF Lessons students. Both teachers and assistants have been approved by the Mother Center in Los Angeles. The committee strives to implement a creative program for the children that is both fun and educational, based on the teachings of Paramahansa Yogananda. Teachers, assistants and Sunday School Committee members attend special teacher seminars that are held twice a year at temples in the Southern California area and include Sunday School Committee members from all SRF temples.

The Sunday School celebrates the same commemorative services that are held in the temple and also has various special events throughout the year including a One Day Youth Retreat, Easter Egg Hunt, and special Christmas Party.

Bookroom Committee

The Bookroom Committee is responsible for operating and maintaining the Fullerton Temple Bookroom which displays and makes available to the public the teachings of Paramahansa Yogananda that are published and distributed by Self-Realization Fellowship.

The Bookroom Committee activities include:

- selling of all items available for sale
- stocking and pricing all items
- cleaning and general upkeep of the Bookroom

Some positions on the Bookroom Committee require that devotees be Kriyabans (have received Kriya Yoga initiation).

Outreach Committee

The Outreach Committee is made up of Kriyabans who assist the minister by giving personal attention to those in the congregation who may be ill, infirm, or in mourning, and they offer physical, mental and spiritual support.

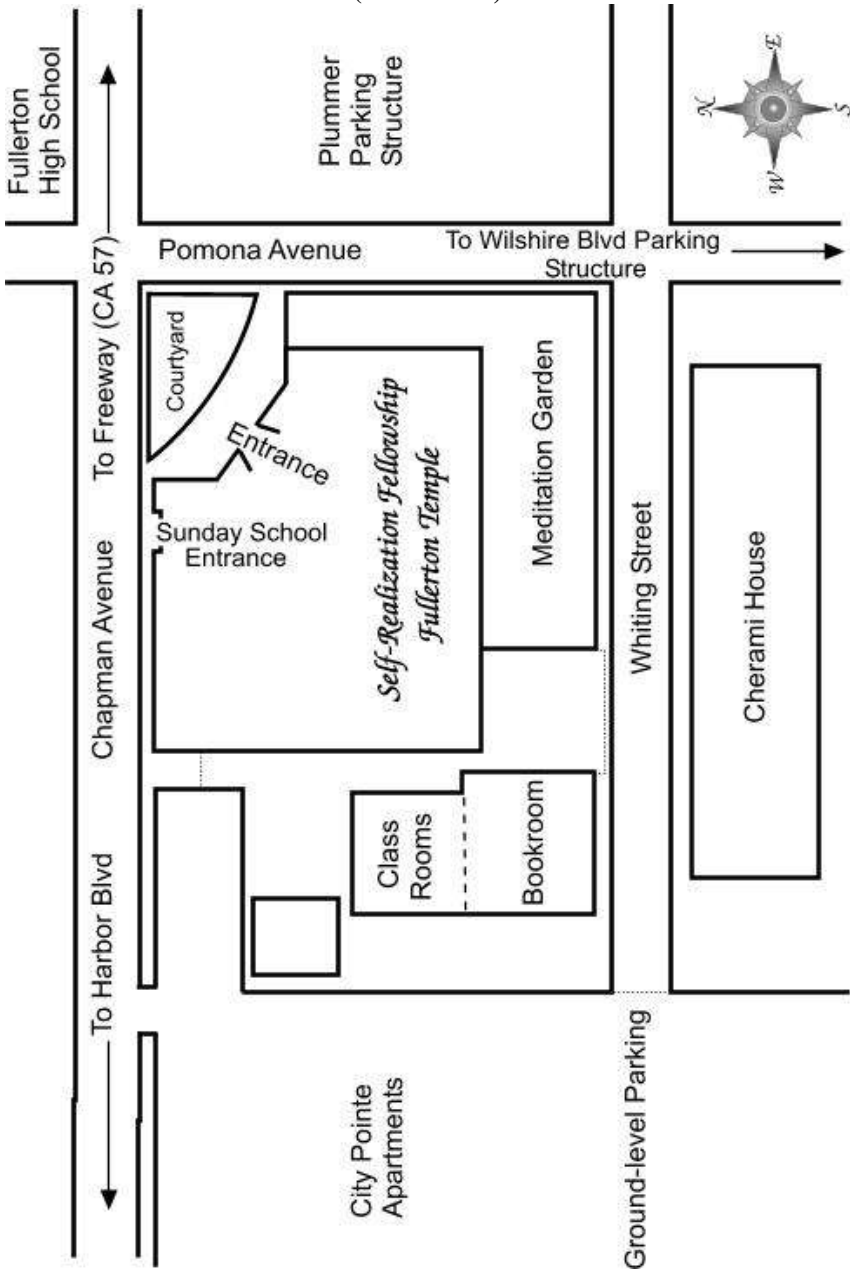
The Outreach Committee also participates in meeting some humanitarian needs in the local community. To participate in this part of their activity, members do not need to be Kriyabans.

In Closing

*Again we welcome you to Fullerton Temple
and we hope you will return often.*



Map of the Temple Area
(Not to scale)





Self-Realization Fellowship
3880 San Rafael Avenue
Los Angeles, California 90065-3298
(323) 225-2471
<http://www.yogananda-srf.org>