

# *Self-Realization Fellowship*

## *Encinitas Temple*

### **Regularly Scheduled Services**

(Please Check EncinitasTemple.org for recent calendar changes)

<b>Sunday</b>	8:00 - 9:00 a.m.	Temple	Meditation
	9:30 - 10:30 a.m.	Temple & J St.	Inspirational Service (J St. Chapel by Video only)
	9:30 -10:30 a.m.	Temple	Sunday School
	9:30 -10:30 a.m.	J St. Chapel	Teen Program
	11:00 -12:00 p.m.	Temple & J St.	Inspirational Service (J St. Chapel by Video only)
	4:00 – 5:30 p.m.	J St. Chapel	<i>God Talks with Arjuna: The Bhagavad Gita</i> Reading & Meditation Service
	5:40 - 5:55 p.m.	J St. Chapel	Group Energization Exercises
	6:00 - 8:00 p.m.	J St. Chapel	Meditation
<b>Wednesday</b>	12:00 - 12:30 p.m.	J St. Chapel	“Learn to Meditate” Guided Meditation led by Minister
	6:40 - 6:55 p.m.	J St. Chapel	Group Energization Exercises
	7:00 - 9:00 p.m.	J St. Chapel	Meditation 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday and Kirtan with Meditation 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Wednesday
<b>Thursday</b>	7:00 - 8:00 p.m.	Temple	Inspirational Service & Prayer Circle, <i>Satsanga</i> on 3 <sup>rd</sup> Thursday <sup>1</sup>
<b>Saturday</b>	7:40 - 7:55 a.m.	J St. Chapel	Group Energization Exercises
	8:00 - 2:00 p.m.	J St. Chapel	6-Hour Meditation with Kirtan (1 <sup>st</sup> Saturday of the Month)
	7:40 - 7:55 a.m.	J St. Chapel	Group Energization Exercises
	8:00 - 12:00 p.m.	J St. Chapel	4-Hour Meditation with Kirtan (4 <sup>th</sup> Saturday of the Month)
	6:40 - 6:55 a.m.	J St Chapel	Group Energization Exercises
	7:00 - 10:00 a.m.	J St. Chapel	3-Hour Meditation on 2 <sup>nd</sup> , 5 <sup>th</sup> Saturday of the month
	5:40 - 5:55 p.m.	J St. Chapel	Group Energization Exercises
	6:00 – 8:00 p.m.	J St. Chapel	<i>SRF Lesson Study</i> and Meditation

12 - 4 p.m. Open Chapel for Individual Meditation is from Tuesday to Sunday

<sup>1</sup>*Satsanga* means Fellowship with Truth. The Minister answers questions submitted on line EncinitasTemple.org or in the Temple foyer credenzas.

Encinitas Temple, 939 Second Street, Telephone (760) 436-7220  
J St. Chapel, 1105 Second Street (corner of 2<sup>nd</sup> Street and J Street)  
Yogananda.org