



"To enjoy a real Christmas you should celebrate the birth of Christ Consciousness in the spiritual centers of divine perception in the brain and spine." - PY

All Day Christmas Meditation

The San Antonio Meditation Group warmly invites you to attend our live streamed All Day Christmas Meditation on Saturday, December 13th from 12:00PM-8:00PM.

Please read the Christmas Meditation Guidelines prior to attending our service.
<https://bayareatemple-srf.org/wp-content/uploads/2016/11/Christmas-Meditation-Guidelines-2.pdf>

A few friendly reminders:

- Energization Exercises will begin at 11:25AM. EEs are optional, but highly recommended as they will help prepare the body for the long meditation.
- It is good to arrive early if you can, so you will have time to be comfortably settled and calm before meditation begins.
- If you have a cough or cold, you should meditate at home, rather than attend the all day service.
- If you are able, please bring a fruit and a donation as a devotional offering.
- Dress warmly and comfortably.
- If you would like to bring an arm rest, a wool blanket, or any other devotional meditation aid, please do so.
- Let us remember others and try our best not to disturb our fellow devotees during this sacred and silent period of divine concentration on Christ and the Masters. If you are running late, which is completely understandable, please enter during periods of chanting. There are meditation chairs in the foyer for your courtesy until it is time to enter.

May this day be a very special one for you, bringing you a new awareness of the presence of Christ.



Weekly Service Schedule

Sunday Services

Meditation Service 10:00AM-10:50AM

Reading Service 11:00AM-12:00PM

First Saturday of the Month

This Long Meditation Service has been cancelled due to the All Day Christmas Meditation on December 13th.

Upcoming Services

Dec 7 - Receiving God's Answer to Your Prayers

Dec 13 - (Saturday) - All Day Christmas Meditation (12:00PM-8:00PM)

Dec 14 - Miracles of Raja Yoga (Catered Luncheon)

Dec 21 - Receive the Christ Consciousness

Dec 28 - The Purpose of Life Is to Find God

Announcements

There will be a celebratory catered Christmas Luncheon following services on Sunday, December 14th.

Also, we will be collecting new or in original packaged toys, food items, household items, personal care items, and gift cards to donate to our local Ronald McDonald House. Our donation drive will begin on December 7th and end December 28th. Please visit ronaldmcdonaldhouse.org to view what is most needed. There will be a list located in our foyer as well.

All are welcome to attend our meditation and reading services.

"Behold, I bring you good tidings of great joy..."

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