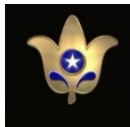


**Self-Realization Fellowship
Phoenix Temple**



Third Annual Senior Fellowship Gathering

February 5, 2025

The Phoenix Temple Senior Fellowship Group is planning its third annual Senior Fellowship Gathering on February 5, 2025, from 9 AM to 3:30 PM. This gathering is in addition to its regular third Sunday monthly meeting. The theme of this year's gathering is:

Our Intention for 2025:

Manifesting Love in our Daily Lives

The Gathering will be a combination of meditation, discussion, and fellowship. Participants will have a choice of workshops to attend. All seniors of the Phoenix Temple are welcome. More information and registration are available at the welcome table and on the Temple Website.



Teach me, O Spirit, to distinguish between my soul's lasting happiness and the temporary pleasures of the senses: touch, taste, smell, sight, and hearing.

Paramahansa Yogananda

All participants will have the opportunity to attend 2 different workshops in the morning. The description of seven different workshops are listed below. Each Morning workshop/discussion will be 45 minutes in length, the number of attendees at each discussion will be limited. and each attendee will be able to attend two different discussions. There will be one afternoon workshop for all on Chanting: the story, study, history, and the meaning of chanting and of the chants themselves. This will be followed by small discussion groups. The day will end with a period of meditation. A light lunch will be provided.

Registration

Review the seven workshops, decide which two you wish to attend, and signup below of on the Phoenix Website. Each workshop/discussion will be 45 minutes in length, the number of attendees at each discussion will be limited. and each attendee will be able to **attend two different discussions**.

1	Lynne: Harmonizing and Maintaining Spiritual Vibrations in Daily Life: This group discussion will explore our Master's teachings on how to keep our outlooks, thoughts, and emotions balanced and positive. We will learn together how to choose which vibrations absorb the higher spiritual forces with the goal to keep our mind on God/Divine Mother and our Soul's Home!
2	Carole: Ten Keys to Realizing Our Dreams and Goals (Visualization) (limit-12) "Many people unsuccessfully strive for a material goal all their lives, failing to realize that if they had put forth one-tenth the concentration used in seeking worldly things into an effort to find God first, they could then have had fulfillments of not only some, but all of their hearts desires." (<i>Paramahansa Yogananda</i>). It has been statistically shown: When we write down our dreams and goals, we immediately have a 50% greater chance of realizing them even if we put them in a drawer and never read them again! (Step 1)
3	Jeff: Improve Your Meditation Concentration Skills (limit-9) "Deep meditation is not possible without knowing the art of concentration". "But because the lakes of human attention are rippling with sensations and thoughts, the soul image of God reflected there is distorted" (lesson 4). Together we will practice several concentration skills to help us disengage attention from inner distractions to deepen our meditation.
4	Pat: Expressing your Spirituality through Art (limit – 10) This workshop will be an activity in which you will make a collage expressing your ideas, thoughts, and expressions of your individual soul. All materials will be provided.
5	Chris: Affirmations - Surprise Yourself! (limit-10) The power of thought. Resources for affirmations, and methods of practice. Eight different stories and applications that I want to share with you. Let's practice one together.
6	Rose: Will Power (limit-10) This group discussion will focus on a book that Brother Naradananda mentioned in a Sunday talk. The book is "The Willpower Instinct" by Kelly McGonigal, PH.D. The subtitle is How Self-control works, Why it Matters, and What you Can Do to Get More of it.
7	Joe: Practicing the Presence (limit-10) Much is said about Practicing the Presence, St. Paul says "Pray Always". Although one size does not fit all, the seventeenth century monk, Brother Lawrence, provides some methods for achieving this state of Spiritualizing our lives. This discussion will allow sharing what this means to you and how it can be practiced in this life.

Your Name (Please Print) _____

Number of your First Session Choice: _____ Number of your Second Session Choicer: _____

Email Address: _____ Phone Number: _____

Signup above and leave it at the Welcome table or signup at the following link to a Google Spreadsheet: <https://docs.google.com/spreadsheets/d/1NYwpDqWmIt-wpDCFS6LCU9f0rUTYFhANerKHUJcrH-GA/edit?usp=sharing>