

*Self-Realization Fellowship Temple*  
San Diego

## 2017 Holiday Drives Help Neighbors with Life-Threatening Diseases

*"...the first step toward Christ-like unselfishness is to expand your consciousness to include your neighbor's interests and well-being."*

--Paramahansa Yogananda

Both food drives support "Special Delivery," an all-volunteer organization that prepares and delivers warm meals, 5-days a week, to 150 neighbors with life-threatening diseases. Without the deliveries, most recipients would go hungry.

### November 5 to 19: Thanksgiving Food Dr.



Please bring non-perishable food items. Because many live alone, container sizes should be for smaller servings. Please check expiration dates (containers should have 2-6 months of shelf-life).

### December 3 to 17: Christmas Toy & Meal Dr.



Please bring a new, unwrapped toy stuffed animal. A toy will be given to a child undergoing a serious medical procedure at Rady Children's Hospital and the Moores Cancer Center. We are also collecting monetary donations, to provide special Christmas Meals.

**Short on Time? Make a donation (cash or check to SRF) & we'll purchase food and toys for you!**