

Welcome to the Self-Realization Fellowship San Diego Temple Sunday School and Teen Group

Dear Parents,

Thank you for choosing Self-Realization Fellowship San Diego Sunday School for your child. It is a great privilege and joy to have your family join us. We look forward to sharing with your children the teachings of our Guru, Paramahansa Yogananda, founder of Self-Realization Fellowship (SRF). Your child will be under the supervision of trained volunteer SRF Sunday School teachers or Teen Group leaders who are supported by San Diego Temple monastics.

Registration

All students, including visitors, are welcome to attend our programs. Parents are asked to register their child when they first attend a Sunday School or a Teen class. We also re-register annually during September to update their information.

There are two ways to register:

- 1) Go to the San Diego Temple website ([Home - SRF San Diego Temple](#))
 - Click “Activities”
 - Scroll down to, and click “Youth Programs”
 - Scroll down to, and click “Registration Form”
- 2) Use the QR code on the card displayed in the Sunday School Attendance Table on Sunday mornings, between 10:30 and 11:15.

Arrival

Sunday School classes begin at 11:00 a.m., but teachers are prepared to welcome your children into their classrooms with a pre-activity, beginning at 10:45 a.m. It is very helpful to have children arrive before the beginning of class so the teachers can properly welcome them. This will give your child time to meet with their friends and use the restroom.

Class Content

Our teachers present aspects of the “How-To-Live” principles taught by Paramahansa Yogananda in a way that children can understand and enjoy. Our goal is to inspire your child to lead happy, balanced lives by through right behavior, giving kindness to others, bringing God into their daily lives, and developing a personal relationship with God through meditation.

Meditation is the cornerstone of these teachings, so children of all ages practice meditation in the SS classes, according to the receptivity of their age level. We include energization exercises, devotional chanting, a prayer for world peace, and an offering.

Our classes focus on one specific spiritual theme each week, and this topic is supported by various crafts, stories, discussions, games, plays, and service projects. Through these activities, your child will explore how what we practice and talk about in Sunday School/Teen Group can be applied in their daily lives.

Consideration for Others

Your child’s enthusiasm, consideration for others, and sincere desire to love and find attunement with God will create an environment of harmony and spiritual benefit for all.

We ask that all children dress comfortably and modestly.

To maintain a healthy environment, children who are ill should not be brought to Sunday School or to teen classes. Children who exhibit any of the following symptoms should stay at home: fever, diarrhea, or vomiting within the past 48 hours; cold or flu symptoms; eye or skin infections. As a rule, a child with any communicable disease should remain at home.

Classroom Assignments

Your child has been assigned to a Sunday School class according to his or her grade. We allow some flexibility for children, especially for children in kindergarten and 7th grade who may be ready to move to the next higher class. Combined classes may be needed when there are not enough students to have separate classes. In these cases, teachers will be teaching classes with children of different age groups and genders.

Teen Group

Your child may start attending the Teen Group at the age of 13 years and continue through their high school graduation.

The Teen program is on hiatus due to low attendance. It will be restarted when we have more teens who will attend on a regular basis.

When we get more teens into our Teen Group, we may restart by offering teen classes once or twice per month. In the interim, teens are encouraged to attend the temple's 11 AM Sunday service, and the online How-to-Live teen classes held on Saturdays. Another opportunity for teens is to serve as assistants to the teachers in the Sunday school classes.

Where To Pick Up Your Child After the Service

After Sunday School, please wait for your children near their Sunday School class. When you arrive at your child's pick-up area, please make eye contact with his or her teacher so that he/she is aware that you are picking up your child. This helps the teachers to distinguish between those of you who are there to pick up your child and those who are simply there to socialize with others.

The teachers will stay with your child until your arrival. Teachers are not permitted to walk your child away from the pick-up area or to release them to friends or siblings.

Volunteering

If you want to volunteer for the SRF San Diego Temple Youth Committee, go to the San Diego Temple website. ([Home - SRF San Diego Temple](#))

- Click "Activities"
- Scroll down to, and click "Volunteer Opportunities"
- Click on the "Volunteer Form"