

*Denver*  
**Meditation Group**  
 Of  
**Self-Realization Fellowship**

*"In the vault of the mind lie all the chains of bondage, as well as the keys to freedom."*

- Paramahansa Yogananda  
 Where There Is Light

## *Schedule of Services*

*January □ February □ March*  
 2022



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### Sunday Readings Schedule

#### *January*

- 2 Kriya Yoga - The Bliss-Filled Path to God (I/1)\*
- 9 Faith, Belief, and Wisdom (I/2)
- 16 Power to Light Your Way (I/3)
- 23 Three Kinds of Heaven (I/4)
- 30 Vital Health Laws (I/5)

#### *February*

- 6 How Active Westerners Can Realize God (I/6)\*
- 13 The Necessity of Religion (I/7)
- 20 The Way to Be Happy at Will (I/8)
- 27 The Cosmic Awareness of Saints (I/9)

#### *March*

- 6 Regain Your Divine Heritage (I/10)\*
- 13 Creating and Destroying Habits at Will (I/11) *Daylight Savings Time begins*
- 20 The Secret of Spiritual Success (I/12)
- 27 Peace: The Altar of Heaven (I/13)

### Sunday Mornings

Meditation Service	9:00 – 9:45 a.m.
Readings Service	10:00 – 11:00 a.m.
Sunday School	Suspended for now

### Thursday Evenings

Inspirational Service	Suspended for now
Prayer Service	Suspended for now

### Saturday Mornings

3-hour Meditation	Suspended for now
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### Special Services and Events

#### **Guided Meditation during Readings Service**

\* First Sunday each month 10:00 – 11:00 a.m.

#### **Birthday for Paramahansa Yogananda**

Sunday, January 2: 11:30 a.m. – 12:30 p.m.

#### **All-Day Meditation for Paramahansa Yogananda**

Saturday, January 8: Online SRF Service

#### **Monthly DVD Showing**

2<sup>nd</sup> Sunday each month Suspended for now

#### **Six-Hour Meditation**

1<sup>st</sup> Saturday each month Suspended for now

#### **General Meeting**

Sunday, January 30: 11:30 a.m. – 12:30 p.m.

#### **Mahasamadhi for Paramahansa Yogananda**

Sunday, March 6: 11:30 a.m. – 12:30 p.m.

#### **Mahasamadhi for Swami Sri Yukteswar**

Sunday, March 13: 11:30 a.m. – 12:30 p.m.

#### **Daylight Savings Time Begins – Spring Ahead!**

Sunday, March 13: Set your clocks ahead 1 hour

### Social Gatherings

Vegetarian potluck Suspended for now

Weekly Fellowship: "Meet and Greet" social gathering, Sundays following the Readings Service

## Property Updates

The Denver Meditation Group (DMG) completed several building and other projects at our Center during the past several months of 2021. Included was installation of a digital sound system (including new speakers in the chapel, meditation garden, and patio), seal coating of our parking lot (pictured below), and construction of a new gardening shed on the east side of our fellowship building.



The biggest projects have been addition of an ADA compatible bathroom off the foyer as well as a door separating the foyer and chapel. These projects will be completed shortly. We had an unexpected bonus for this project when a devotee generously donated resources to replace all of the tile in the foyer as well (picture below) as the second bathroom. Now all of our tile in the entryway and bathrooms will be identical.



## General Meeting & Elections

We will be holding a general meeting on January 30, 2021 following the Readings Service to give everyone an update on our accomplishments this past year, to discuss plans for this coming year, and to hold elections for service readers. As usual, our council members will be appointed by Center Department. To nominate someone as service reader, or if you want to volunteer yourself, please write the person's name along with the position title on a slip of paper and place it in the suggestion box in the foyer.

If you have any issues that you would like discussed at the meeting please place these in the suggestion box or speak with a council member.

## Service Reader Meeting

On February 20, 2021 following the Readings Service we will have a service reader meeting in the chapel. All service readers please plan on attending. Please contact Geoff if you have any questions or suggested discussion topics.

## Monastic-Led Regional Retreat October 7-9, 2022

We are very pleased to announce that Self-Realization Fellowship monastics will lead a silent retreat at the Franciscan Retreat Center in Colorado Springs on October 7-9, 2022. We feel so blessed to be able to once again welcome the monastics to Colorado and sincerely hope that you can join us. We hope to have another full house of devotees as we did for our last SRF regional retreat in 2018 led by Brother Jitananda and Brahmachari Martin (pictured below).



The retreat committee is in communication with Mother Center about how to prepare for this retreat, so that retreatants can feel safe and relaxed in the event that the pandemic is still ongoing. Registration is expected to open in June 2022. Further details will be shared as the planning progresses.

## Thank You!!!

We sincerely thank all those who have helped with recent Center projects, including Building and landscaping, cleaning and decorating, delivering the holiday drive donation items, and donations such as tile, window blinds, and Krishna statue for our garden. We greatly appreciate all of the devotees and friends who support and serve our Center throughout the year in so many ways, with your donations, gifts, participation, service, and prayers.

If any members are in need of assistance or a visit from our Sunshine Committee please let a council member know.

If you are interested in serving our group in any capacity, please contact a council member; we will enthusiastically welcome your assistance!

It has been a joy to welcome many of our members back to in-person services at our chapel! If you haven't been able to attend a service, we hope that you can in the near future. We have also welcomed many new people to our services. Of course, we are very happy to welcome familiar as well as new faces during these challenging times! Peace and blessings to all of you during 2022!!

## Picture on Front of Newsletter

2021 Christmas lights and decorations in front of our 1360 Garrison Street chapel.

## Council Members

Please feel free to contact any of the council members with your suggestions and comments.

Coordinator	Nancy Netz
Treasurer	Jennifer Schofield
Secretary	Edna Rascon
Member at large	Steve Malkewicz
Member at large	Valerie Coward