

Denver
Meditation Group
 Of
Self-Realization Fellowship

"Being endowed with free choice, I am a son of God in reality. I have been dreaming that I am a mortal man. I am now awake. The dream that my soul is imprisoned in a bodily cage has vanished. I am all that my Heavenly Father is."

- Paramahansa Yogananda
 Metaphysical Meditations

Schedule of Services

January □ February □ March
 2024



1360 Garrison Street, Lakewood, CO 80215
 303-547-6147; Email: srfdenver@gmail.com
 Web site: www.srf-denver.org

Sunday Readings Schedule

January

- 7 Attunement with a True Guru (III/1)*
- 14 Man – The Image of God (III/2)
- 21 Meditation – the Transcendental Way to God (III/3)
- 28 How to Rise Above Your Problems (III/4)

February

- 4 Habits – Your Master or Your Slave? (III/5)*
- 11 Lord, Possess Us with Thy Love (III/6)
- 18 The Science of Affirmation (III/7)
- 25 The Dream Nature of the World (III/8)

March

- 3 Secrets of Success (III/9)*
- 10 Follow the Path of the Great Ones (III/10) *Daylight Savings Time begins*
- 17 Seek God Through Kriya Yoga (III/11)
- 24 How to Get Along with Others (III/12)
- 31 The Easter Message of Immortality (III/13) *Easter*

Sunday Mornings

Meditation Service	9:00 – 9:45 a.m.
Readings Service	10:00 – 11:00 a.m.
Children's Sunday School: (Ages 4 and older)	10:00 – 11:00 a.m.
Bookroom open most Sundays	After the services

1st & 3rd Thursday Evenings

Inspirational Service	6:30 – 7:45 p.m.
Prayer Service	7:45 – 8:00 p.m.

2nd and 4th Saturday Mornings

3-hour Meditation	8:30 – 11:30 AM
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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 7: 11:30 a.m. – 12:30 p.m.

All-Day Meditation for Paramahansa Yogananda

Saturday, January 13: 9:00 a.m. – 4:00 p.m.

General Meeting

Sunday, January 28: 11:30 a.m. – 12:30 p.m.

Mahasamadhi for Paramahansa Yogananda

Thursday, March 7: 6:30 – 8:00 p.m.

Mahasamadhi for Swami Sri Yukteswar

Sunday, March 10: 11:30 a.m. – 12:30 p.m.

Daylight Savings Time Begins – Spring Ahead!

Sunday, March 10: Set your clocks ahead 1 hour

SRF Monastics Visit Denver

March 13-18: Multiple events

Sunday School Easter Egg Hunt

March 31: 11:00 a.m.

Social Gatherings

Vegetarian potluck Jan. 14, Feb. 18, March 17

Weekly Fellowship "Meet and Greet" on other Sundays following the Readings Service

2024 SRF Monastic Visit

We are very happy to announce that Brother Bhimananda and Br. Daniel from the SRF Center Department will be visiting Denver March 13-18, 2024. We are in the early stages of planning at present. Stay tuned for announcements and updates on the schedule of events as the planning progresses.

All-Day Yogananda Meditation

Our All-Day Meditation for our Guru Paramahansa Yogananda will be held on Saturday January 13th from 9:00 a.m. to 4:00 p.m. We hope you can join us for the special day, as this service is always a very joyful and inspiring event for devotees world-wide.

Property Updates

Our security camera system has been further upgrded recently, through the generosity of a devotee. Our most humble thanks and appreciation are extended!!

General Meeting & Elections

We will be holding a general meeting on January 28, 2024 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 council members and service readers. To nominate someone as council member or 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 or send an email to: srfdenver@gmail.com

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 18, 2024 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.

Successful Member-Led Retreat

We completed a very successful member-led Retreat October 6-8, 2023 at the Franciscan Retreat Center in Colorado Springs. About 46 devotees attended the spiritually uplifting weekend, most of whom are shown in the picture below, taken at the close of the retreat. Many thanks to all of the volunteers who helped make the event a success!

Harmonium Classes

Our monthly classes on "How to Play the Harmonium," which began in March 2022, continue to be a tremendous success! Attendance has been strong and consistent. If you are interested in learning how to play the harmonium, please speak with Geoff. The classes are open to everyone.

Thank You!!!

We sincerely thank all those who serve the group. If you are interested in serving our group in any capacity, please contact a council member; we will enthusiastically welcome your assistance!

If any members are in need of assistance or a visit from our Sunshine Committee please contact a council member or email srfdenver@gmail.com.

Peace and blessings to all of you during 2024!!

Picture on Front of Newsletter

Paramahansa Yogananda (Mukunda Lal Ghosh) in 1899 at the age of 6.

Council Members

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

Coordinator	Jennifer Schofield
Treasurer	Steve Malkewicz
Secretary	Veronica Herrada
Member at large	Ron Torp
Member at large	Kelly Yousem

