

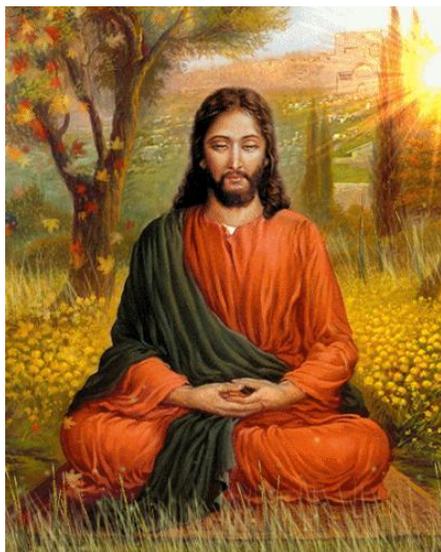
# Denver Meditation Group Of Self-Realization Fellowship

*"Try to do little things in an extraordinary way."*

- Paramahansa Yogananda, in  
Where There Is Light

## Schedule of Services

October □ November □ December  
2016



1360 Garrison Street, Lakewood, CO, 80215  
303-753-1773; Email: srfdenver@gmail.com

Web site: www.srf-denver.org

## Sunday Readings Schedule

### October

- 2 The Most Tempting Temptation (II/40)
- 9 Practical Methods for Spiritual Growth (I/41)
- 16 Reincarnation (II/42)
- 23 Cultivate Your Desire For God (II/43)
- 30 Harmonizing Work and Meditation (II/44)

### November

- 6 *Retreat of the Rocky Mountain Yogis – services held at Franciscan Retreat Center*
- 13 Gaining the Wealth of Inner Happiness (II/46)
- 20 Limited and Unlimited Methods of Healing (II/47)
- 27 The Soul's Three Encasements (II/48)

### December

- 4 Receiving God's Answer to Your Prayers (II/49)
- 11 Miracles of Raja Yoga (II/50)
- 18 Receive the Christ Consciousness (II/51)

**25 NO SERVICE: CHRISTMAS DAY**

## Sunday Mornings

Meditation Service	9:00 – 9:45 a.m.
Reading Service	10:00 – 11:00 a.m.
Sunday School	10:00 – 11:00 a.m.
SRF Lessons Study Group	11:30 – 12:30 p.m.

## Thursday Evenings

Inspirational Service	7:30 – 8:45 p.m.
Prayer Service	8:45 – 9:00 p.m.

## Saturday Mornings

3-hour Meditation	8:30 – 11:30 a.m.
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## Special Services and Events

### Rocky Mountain Yogi Retreat

Fri. - Sun, Nov. 4-6: Franciscan Retreat Center

**Daylight Savings Time Ends – Fall Back!**

**Sunday, November 6: Set your clocks back 1 hour**

### All-Day Christmas Meditation Service

Saturday, December 17: 9:00 a.m. – 4:00 p.m.

### Christmas Eve Meditation Service

Saturday, December 24: 7:30 p.m. – 9:00 p.m.

### New Year's Eve Meditation

Saturday, December 31: 11:30 p.m. – 12:15 a.m.  
*Chapel open at 10:00 PM for personal meditation.*

### Guided Meditation during Readings Service

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

## Social Gatherings

Vegetarian potluck\* Oct. 2, Nov. 6, Dec. 4

*\*Generally after the Readings Service on the 1st Sunday of the month*

Weekly Fellowship "tea" 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>  
Sundays each month following the Readings Service

## Property Updates

Our building and landscaping committees has made significant progress in planning and working on our gardens and other projects. Work this summer has included the addition of landscaping near the front entrance and elsewhere. Future projects will include: paving of the parking lot and replacement of the sidewalk; the addition of three benches to cover the crawl space vents on the north side of the chapel; and removal of the fence coming off of the southeast corner of the chapel and replacing it with a new decorative fence coming off the southwest corner of the building.

Paving of the parking lot is still a very high priority but it won't be completed this year, unfortunately. We want to complete the paving and sidewalk work as soon as possible, to eliminate the muddy and slippery conditions during wet or wintry conditions. However, we want to do it right to reduce the potential for problems in the future. Doing the work well necessitates spending a little more money than we had anticipated originally. We will be holding a general meeting this Fall to discuss our options and to vote on how to proceed.

## October 8th Day of Service

Please join us Saturday Oct. 8th from 12:00-2:00 pm to help spruce up our property on Garrison St. We will be cleaning and dusting inside as well as doing yard clean-up and mulching outside (some say that work for SRF is more fun than cleaning up your own house!). Your efforts help serve our group and are much appreciated.

## Rocky Mountain Yogi Retreat 2016

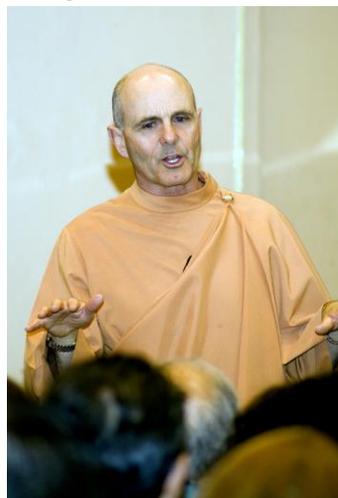
We will be holding our annual Retreat of the Rocky Mountain Yogis November 4-6, 2015 at the Franciscan Retreat Center in Colorado Springs. A video will be shown of direct disciple Brother Anandamoy, who passed away September 6, 2016. Please register before

October 18<sup>th</sup>. If you have any questions regarding the retreat please contact Michael Ferris (719-661-4409; mlferris80906@q.com) or Carolyn Reid (303-751-8228; carolynreid@comcast.net). *The picture below was taken at last years retreat.*



## SRF Center Tour Coming to Denver in 2017!

We are very pleased to announce that the Denver Meditation Group (DMG) will be hosting monastics from Self-Realization Fellowship headquarters for a Center Tour the weekend of April 21-23, 2017! The details have not been finalized but activities typically include public lectures, monastic-led meditations, potluck/fellowships, and spiritual life classes. A highlight of the weekend will be kriya yoga initiation for eligible students. Please speak with a council member regarding eligibility requirements. Additional information and details regarding the Center Tour will be communicated as the plans develop. The picture at right is of Brother Devananda during a public lecture held September 26, 2008 during the most recent Center Tour hosted by the DMG.



## History Corner

Following is a quote from the April 1932 East-West magazine about the Denver Meditation Group and our new "Temple": *"Yogoda in its progress in America is attracting much attention and meeting with enthusiasm and co-operation. In this great movement Yogoda has a new temple in Denver, which was dedicated by Swami Yogananda in August of last year. It is one of the most beautiful places in Denver, and is ideally located at 939 Grant Street just three blocks south of the State House. The entrance to the Temple is very impressive with its wide stone steps denoting progress of Yogoda and huge columns that remind one of the everlasting strength of Yogoda. This home was made possible by Mary I. Dillon whose love for Yogoda prompted not only the gift, but the dedication of her life to God through Yogoda."*

## Thank you for your service!

Many thanks to all those who serve the Denver Meditation Group; we would not exist without your devoted service! If you aren't currently volunteering in any capacity we encourage you to help out in several areas of particular need: ushers (particularly for Thursday evenings), ushering, landscaping, bookroom, and cleaning. Please speak with a council member if you'd like serve in these or any other capacity. Or, you can fill out a volunteer form in the foyer.

Our Guru said, *"Those who advance on this path are those who serve this work."*

## Picture on Front of Newsletter

Jesus Christ in lotus posture.

## Council Members

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

Coordinator	Phil Eichelberger	303-841-5316
Secretary	Nancy Netz	303-525-8358
Member at large	Xiomara Lee	628-434-5740
Member at large	Debbie Torp	303-936-0790
Member at large	Dwight Rider	303-501-2996