

Denver Meditation Group Of Self-Realization Fellowship

"You are the master of the moments of your life."

- Paramahansa Yogananda, in
Where There Is Light

Schedule of Services

October ▢ November ▢ December
2018



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

Sunday Readings Schedule

October

- 7 The Light of Truth Eternal (I/40) *
- 14 How to Overcome Fear (I/41)
- 21 Your True Self – The Immortal Soul (I/42)
- 28 The Art of Devotional Singing (I/43)

November

- 4 **Ways to Overcome Nervousness (I/44) ***
- 11 Practicing Yoga in World Affairs (I/45)
- 18 Giving Thanks for Life's Blessings (I/46)
- 25 Freedom from Habit Slavery (I/47)

December

- 2 The Universality of Religion (I/48) *
- 9 Finding the Joy in Life (I/49)
- 16 The Nature of a Master (I/50)
- 25 Celebrating Christmas in the Silence of the Soul (I/51)
- 30 Controlling Your New Year's Destiny (I/52)

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.

No Sunday School Dec. 16 through Jan. 7

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

Daylight Savings Time Ends – Fall Back!

Sunday, November 4: Set your clocks back 1 hour

Monthly Six-Hour Meditation

First Saturday each month 8:15 a.m. – 3:00 p.m.
Beginning November 3, 2018

All-Day Christmas Meditation Service

Saturday, December 15: 9:00 a.m. – 4:00 p.m.

New Year's Eve Meditation

Monday, 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. 7, Nov. 4, Dec. 16
Generally, after the Readings Service on the 1st Sunday of the month

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

Successful SRF Regional Retreat

We completed a very successful SRF Regional Retreat led by Brother Jitananda and Br. Martin September 21-23, 2018 at the Franciscan Retreat Center in Colorado Springs. One hundred and two devotees attended the spiritually uplifting weekend, most of whom are shown in the picture at right taken at the close of the retreat. Many thanks to all of the volunteers who helped make this event a success!

On Monday following the retreat devotees who were available joined the monks on an outing to the nearby Garden of the Gods.



New Six-Hour Meditation

Beginning November 3rd the Denver Meditation Group (DMG) will be holding a six-hour meditation on the first Saturday of every month. We will begin at 8:15 a.m. with Energization Exercises and there will be a silent break at 11:30 to 12:00 noon. Afternoon meditation will begin at 12:00 and end at 3:00 p.m. Devotees who are not able to stay for the full time are encouraged to come or go as needed during the chanting periods on the hour (9:30, 10:30, 11:30, 12:00, 1:00 or 2:00).

Video of Brother Chidananda

Following our monthly vegetarian potluck on Sunday November 4th we will be showing the new DVD of Brother Chidananda, on *Yoga the*



Quintessence of Spirituality, from a talk given in 2017 in India. We hope that you can join us.

2nd Annual Concert Fundraiser

Please join us, and invite your friends, to the DMG chapel on Saturday, November 10th at 5:00 PM for our 2nd annual concert fundraiser! Last year's concert was a fun gathering for all ages. Owen Kortz will be back to grace the stage with his songs and stories. The wind octet will return with Debbie Torp's arrangement of a 16th Century spiritual work by Josquin. Musical gems of Mozart's era will fill out the program.

The suggested donation is \$30. The funds raised will benefit the DMG. Light refreshments will be provided. Come join us!

All-Day Christmas Meditation

Our All-Day Christmas Meditation will be on December 15th 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.

Recipe Collection

We are in the process of collecting recipes from devotees to compile in a booklet. This will be available for a small donation with proceeds going to current building projects. Please support this project by writing down your favorite potluck

recipes and submitting them to Patricia, along with a photograph if possible.

Thank you for your service!

We sincerely thank all the devotees who worked so hard recently on building and cleaning projects! Volunteers have moved our front sign, done ground leveling for draining, installed window well grates, planted and weeded our flower gardens, washed windows, and cleaned the buildings. Thank you all for your amazing hard work and time! We appreciate everyone's service, prayers and support in maintaining and improving our center!

Picture on Front of Newsletter

Denver Meditation Group altar and decorations, Christmas 2017.

Council Members

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

Coordinator	Nancy Netz	303-525-8358
Treasurer	Jennifer Schofield	303-941-7219
Secretary	Edna Rascon	720-880-8126
Member at large	Xiomara Lee	626-434-5740
Member at large	Dwight Rider	303-501-2996