

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

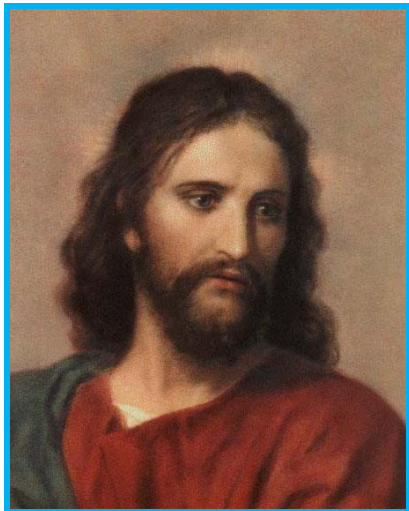
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*"Do not while away your time in idleness. A great many people occupy themselves with inconsequential activities. Ask them what they have been doing and they will usually say, "Oh, I have been busy every minute!" But they can scarcely remember what they were so busy about!"*

- Paramahansa Yogananda  
 Where There Is Light

## *Schedule of Services*

*October ▢ November ▢ December*  
 2024



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 Web site: [www.srf-denver.org](http://www.srf-denver.org)

### Sunday Readings Schedule

#### *October*

6 Live in Constant Remembrance of God (III/40)\*

13 [Healing Body, Mind, and Soul \(III/41\)](#)

20 How to Read Character (III/42)

27 The Scientific Art of Living (III/43)

#### *November*

3 [Yoga for Westerners \(III/44\)\\*](#)

10 How to Dissolve the Causes of War (III/45)

17 Inner Resources of Health and Energy (III/46)

24 How to Attune with Divine Will (III/47)

#### *December*

1 Understanding the Unreality of Matter (III/48)\*

8 The Three Instruments of Knowledge (III/49)

15 Four Kinds of Men (III/50)

22 Happiness Through Attunement with Christ (III/51)

29 Higher Achievements in the New Year (III/52)

### Sunday Mornings

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

### 1<sup>st</sup> & 3<sup>rd</sup> Thursday Evenings

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

### 2<sup>nd</sup> and 4<sup>th</sup> Saturday Mornings

3-hour Meditation	8:30 – 11:30 AM
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*Note: No 3-hr meditation Oct. 12<sup>th</sup>*

### Special Services and Events

#### [Devotee-Led Retreat](#)

[At Franciscan Retreat Center in Colorado Springs,  
 October 11-13](#)

**Daylight Savings Time Ends – Fall Back!**  
**Sunday, November 3: Set your clocks back 1 hour**

#### **Day of Service**

Saturday, November 9: 11:30 a.m. – 1:00 p.m.

#### **All-Day Christmas Meditation Service**

Saturday, December 14: 9:00 a.m. – 4:00 p.m.

#### **VSP Software Training**

1st or 2nd Sunday in Dec. 11:30 – 12:30 a.m.

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

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

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

First Saturday each month Suspended for now

### Fellowship Gatherings

Vegetarian potluck	Oct. 6, Nov. 3, Dec. 1
Weekly Fellowship "Meet and Greet" on other Sundays following the Readings Service	

## DMG Centennial Pilgrimage Event

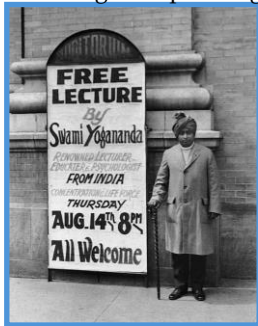
The Denver Meditation Group (DMG) was formed in August 1924 during the first visit of our Guru, Paramahansa Yogananda, to Denver. In this centennial year of our existence (2024), we celebrate 100 years of Denver devotees meditating together in our divine search together for self realization.

As part of our centennial celebration, on August 24th a group of DMG devotees went on a "footsteps" pilgrimage tour to some of the locations where Master lectured and visited in 1924 and 1931.

After lunch at the Little India restaurant, our first stop for the footsteps tour was inside the "Denver City Auditorium", as Master called it (now it is called the Ellie Caulkins Opera House). We stood on the stage at the exact spot where Master gave his final public lecture to 3,000 people on August 24, 1924 (picture below). We all felt Master's presence with us - truly a blessing!



Our next stop was at the exact location outside the auditorium where Master was photographed (at right) advertising his upcoming lecture. We offered flowers to our guru and were thrilled to feel his presence with us. We took a group picture (upper right) and also took turns getting our individual pictures taken at the spot where Master was standing in 1924.



The final stop on our centennial footsteps tour was to 939 Grant Street, which is the first known meeting location of the DMG. This also is the site where Master is pictured with about 100 DMG devotees in a picture taken on August 23, 1931 (the large picture in our foyer). Although the building was removed many years ago, we took a group picture near the location where the 1931 picture was taken. Many thanks to all those who joined in on this footsteps pilgrimage tour and made the tour possible. If there is interest, we could make the tour an annual event!



## Property Updates

This past quarter we were able to complete the seal coating of our parking lot. This is a maintenance issue that we will need to plan on doing every 3-5 years. We paid a little extra this time to have a double coat added, which we are hoping will last longer than the last seal coat.

We also replaced our two signs out front, which have been showing significant wear and tear over the past several years. We had protective plexiglas added to the big sign, which hopefully will prolong its lifespan.

## Center Tour 2025 Planning

The April 4-6, 2025 Center Tour will be held at the Marriott Denver West Hotel in Golden. Planning for the event will begin in earnest this quarter. Many volunteers will be needed. Please speak with a council member if you would like to volunteer. Stay tuned for announcements.

## Decorating the Denver Meditation Group Center for Christmas

We will be putting up our Christmas decorations for the Denver Meditation Group center on Saturday December 1st following our monthly potluck. We hope that you can join us for this joyous afternoon of service!

## Interested in Volunteering?

Are you interested in volunteering for the DMG? It is a blessing to serve this sacred work of SRF and we are always looking for volunteers in many areas. Please speak with a council member if you would like to serve. Jai Guru!

## Sunday School & Teen Group

Our Sunday School has resumed; the younger children meet every Sunday and the teen group meets every other week during the Readings Service (10:00-11:00 am). The teens, parents, and instructors are looking forward to a new year of fun-filled activities and services.

## Picture on Front of Newsletter

Painting of Jesus Christ used on all Self-Realization Fellowship altars.

## Council Members

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

Coordinator	Jennifer Schofield
Treasurer	Steve Malkewicz
Secretary	Kathy Corte
Member at large	Ron Torp
Member at large	Kelly Yousem