

Denver

Meditation Group

Of

Self-Realization Fellowship

"If you haven't felt any results from religion, experiment in meditation. Shake God out of His silence. You must insist: 'Lord, speak to me!'"

*- Paramahansa Yogananda, in
A World in Transition, pg. 72*

Schedule of Services

*October ▢ November ▢ December
2009*



2244 S. Albion Street., Denver, CO, 80222
303-753-1773; Email: denver@srf-denver.org

Web site: www.srf-denver.org

Sunday Readings Schedule

October

- 4 The Light of Truth Eternal
- 11 How to Overcome Fear
- 18 Your True Self – The Immortal Soul
- 25 The Art of Devotional Singing

November

- 1 Ways to Overcome Nervousness
- 8 *Brother Satyananda-led Service*
- 15 Giving Thanks for Life's Blessings
- 22 Freedom from Habit Slavery
- 29 The Universality of Religion

December

- 6 Finding the Joy in Life
- 13 The Nature of a Master
- 20 Celebrating Christmas in the Silence of the Soul
- 27 Controlling Your New Year's Destiny

Sunday Mornings

Meditation Service	9:00 – 10:45 a.m.
Reading Service	10:00 – 11:00 a.m.
Sunday School	10:00 – 11:00 a.m.
(2nd & 3rd Sun. each month)	

Wednesday Evenings

Energization Exercises	6:45 – 7:00 p.m.
SRF Lessons Reading	7:00 – 8:00 p.m.

Thursday Evenings

1st, 2nd, & 4th Thursdays of each month

Inspirational Service	7:30 – 9:00 p.m.
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3rd Thursday of each month

Kirtan & Meditation	7:30 – 9:00 p.m.
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Saturday Mornings

3-hour Meditation	8:00 – 11:00 a.m.
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Special Services and Events

General Meeting

Sunday, October 18:	11:45 a.m. – 12:30 p.m.
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SRF Monastic-led Services and Other Activities

Saturday, November 7:	(times to be determined)
Sunday, November 8:	(times to be determined)

All-Day Christmas Meditation Service

Saturday, December 19:	9:00 a.m. – 4:00 p.m.
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Christmas Eve Meditation Service

Thursday, December 24:	7:30 p.m. – 9:00 p.m.
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New Year's Eve Meditation

Thursday, December 31:	11:00 p.m. – 12:30 a.m.
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Social Gatherings

Vegetarian potluck*	Oct. 4, Nov. 1, Dec. 6
<i>*Generally after the Readings Service on the 1st Sunday of the month</i>	

Spiritual movie	Oct. 4 following potluck
Weekly social "tea"	2 nd – 5 th Sundays each month

Following the Readings Service

SRF Monastic's to Visit!

We are very pleased to announce that Brother Satyananda and Brother Vratanaanda will be visiting us on the weekend of November 7-8, 2009! The activities will include meditations and services as well as potluck/fellowships on both days. There will also be a spiritual life class on Saturday. Additional information and details of their visit will be communicated as the plans develop.

New DMG Signs Coming Soon!

The Denver Meditation Group (DMG) facility committee has met several times since it was formed in March 2009 to discuss many issues relating to our current facility. Their first major task was to evaluate our need for new signage, which was identified as a priority in our March workshop. Several new signs were decided upon including one large and two small signs in front of the chapel (shown in the



mockup below), a sign next to the entrance in back, and a portable sign to be placed in the driveway outside the chapel entrance directing devotees to our bookroom and Sunday school. Two bids were obtained for constructing the above signage with the winning bid going to Zunisigns of Evergreen. We anticipate that the signs will be installed during this quarter.

Other progress by this committee involves plans to get new blinds for the chapel. Please contact Geoff (geoffdelin@yahoo.com) or another Facility Committee member with your comments, questions, and suggestions regarding our facility.

Reorganized Foyer

You will notice that our foyer has a new look and feel including a new information center. Our facility committee, in collaboration with the managing council and the communications committee, reorganized the foyer in response to the suggestions from a professional interior designer. We will try this layout for a few months and would like to know what you think. Please speak with a facility committee or council member regarding your impressions. Please contact Beth Leith (mbleith@qwest.net) if you have any ideas for information to be placed in the new information center.

New Fellowship Events

The DMG fellowship committee has held several meetings over the past several months and have implemented some new events as follows:

Movies: Periodically we plan on showing inspirational / spiritual movies. Our first movie will be on Sunday, October 4th, when we will show the SRF movie "50th Anniversary of the Dedication of Lake Shrine". In the movie six direct disciples of our Guru reminisce on their experience at Lake Shrine with Master. There is also archival footage of the dedication by Yoganandaji. We encourage you to bring family and friends.

Fellowship Teas: We have already started holding fellowship "Teas" following the Readings Service on non-potluck Sundays. For these events we serve beverages and light snacks with the primary purpose of providing a fellowship opportunity, particularly for newcomers. We hope you can join us for an enjoyable time of fellowship.

We are in need of volunteers for these events. Please contact Valerie (valerie.cmt@yahoo.com) if you are interested in helping.

Christmas Bazaar: We are planning a Christmas Bazaar for this December and will be asking for items to be donated. If you have any questions or would like to help out with this activity please contact Tysu (tysuyoga@comcast.net).

Harmonium Class for Beginners

Several devotees have expressed interest in learning how to play the harmonium. Therefore, we will be holding a class for beginners on how to play

the harmonium following the Readings Service on Sunday November 22nd. All are welcome. If you're interested in attending please contact Geoff and plan on bringing your harmonium, if you have one.

Sunday School 2 Times Per Month!

We are very happy to announce that our Sunday school (SS) has expanded and is now being offered twice per month, on the 2nd and 3rd Sundays! This is a very joyous change for our group because we feel that devotees with families will be better able to attend our services as a result of the increased number of SS offerings per month. Our eventual goal is to offer SS every week of the month.

We will be in need of additional SS teachers and assistants in order to further expand our offerings. If you would like to serve the group in this capacity please contact Owen (owenkortz@gmail.com) or Cindy (cindylamm@comcast.net). We are also looking for a new SS coordinator, who would be chosen from our group of instructors.

News From Nearby SRF Groups

The Colorado Springs Meditation Circle will be holding retreats on January 8-10 and March 5-7 at the Benet Pines Retreat Center. Please check their web site for additional information: <http://home.earthlink.net/~mlferris80906/csmc/CS/Welcome.html>.

The Evergreen Meditation Circle meets on Wednesdays from 6:30 - 7:45 PM and on every third Saturday from 9 - noon. Please contact Lorna (solutionspeaceful@yahoo.com or 303-679-1608) for additional information.

Picture on Front of Newsletter

This picture of our Guru Paramahansa Yogananda was taken August 23, 1931 in Denver during his third visit here.

Council Members

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

Coordinator	Ricardo Coward	303-893-6601
Secretary	Carolyn Reid	303-751-8228
Treasurer	Pat Tesauro-Jackson	303-377-8522
Member at large	Geoff Delin	303-948-1193
Member at large	Owen Kortz	720-427-9558