

Denver

Meditation Group

Of

Self-Realization Fellowship

"Cast off fear. What is there to be afraid of? Even a little bit of fear, such as senseless apprehension of the dark of worrying about things that "might" happen, affects the nerves more than you can imagine."

- Paramahansa Yogananda, in
Inner Peace, pg. 85

Schedule of Services

October □ November □ December
2010



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303-753-1773; Email: denver@srf-denver.org

Web site: www.srf-denver.org

Sunday Readings Schedule

October

- 3 The Most Tempting Temptation (II/40)
- 10 Practical Methods for Spiritual Growth (II/41)
- 17 Reincarnation (II/42)
- 24 Cultivate Your Desire For God (II/43)
- 31 Harmonizing Work and Meditation (II/44)

November

- 7 Why God Does Not Stop War (II/45)
- 14 Gaining the Wealth of Inner Happiness (II/46)
- 21 *READINGS SERVICE HELD AT FRANCISCAN RETREAT CENTER IN CO. SPRINGS*
- 28 The Soul's Three Encasements (II/48)

December

- 5 Receiving God's Answer to Your Prayers (II/49)
- 12 Miracles of Raja Yoga (II/50)
- 19 The Purpose of Life Is to Find God (II/51)
- 26 Receive the Christ Consciousness (II/52)

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 Sunday each month)	
Teen Group	10:00 – 11:00 a.m.
(1st Sunday each month)	

Thursday Evenings

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

Saturday Mornings

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

Weekend Retreat

Fri. - Sun, Nov. 19-21: Franciscan Retreat Center
NO SATURDAY OR SUNDAY SERVICES AT THE
CHAPEL THIS WEEKEND

All-Day Christmas Meditation Service

Saturday, December 18: 9:00 a.m. – 4:00 p.m.

Christmas Eve Meditation Service

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

New Year's Eve Meditation

Friday, December 31: 11:00 p.m. – 12:30 a.m.

Social Gatherings

Vegetarian potluck* Oct. 3, Nov. 7, Dec. 5

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

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

Successful India Night Celebration

The first annual India Night celebration was held on Saturday July 10th and was a tremendous success! About 50 devotees attended the event, many in traditional Indian costumes. The evening featured a potluck dinner rich with many delicious, traditional Indian foods. The tents were colorfully decorated with Indian Sari's. The evening was capped off with a rousing kirtan where we sang numerous traditional Indian bhajans and SRF chants joyously and with devotion (see picture below). Many thanks to all who helped to make this a success that we hope to make an annual event.



Overwhelming Interest in Retreat Necessitates Date Change

Due to the overwhelming interest in our retreat of the Rocky Mountain Yogi's, originally scheduled for October 22-24, we have exceeded the available lodging accommodations at the retreat center. Consequently, we have changed the retreat weekend to November 19-21 when we will have many more rooms available at the Franciscan Retreat Center. If you have already registered for the retreat and can make this new date you don't need to do anything else; you are already registered. If you haven't registered yet but are interested, revised registration forms and flyers for the retreat are in the foyer.

Please contact Tysu (303-674-5632; tysuyoga@comcast.net), Ricardo (303-893-6601; ricardocoward@yahoo.com), or another council

member if you have any questions or would like to help with the planning.

General Meeting October 24th to Discuss Facilities Improvements

On September 19th our facility committee met and discussed various ideas for improving our facilities. Improvements that the committee deemed needed and affordable were: new sink (for the fellowship and flower committees), some minimal cabinetry, new paint for the walls, and new carpeting in the social / Sunday school area. The committee has recommended to the council that we go forward with expenditures. We have scheduled a general meeting for October 24th for the group to discuss the proposal and options. We hope that you can attend the meeting.

Sunday School & Teen Group

Our regular Sunday School (ages 3-9) has begun meeting on the 2nd and 3rd Sundays each month. Our new teen group also began meeting this September, meeting on the 1st Sunday of the month. The teen group is for ages 10-18. All classes will take place during the Sunday Readings Service (10:00-11:00am). The teens, parents, and instructors are looking forward to an inaugural year of fun-filled activities and services.

We are in need of instructors and assistants for both Sunday school and the teen group. If you're interested and able to serve Master's children in either of these areas please speak with Owen Kortz (owenkortz@gmail.com). With a rotating schedule, Sunday school instructors and assistants need only commit to one class every two or three months. Teachers must be kriyabans, and assistants must be SRF Lessons students.

SRF Lesson Study Group is on Sundays

The Self-Realization Fellowship lesson study group is now held on Sundays from 11:15 - 12:30 p.m. All SRF lessons students are welcome. We hope you can join us.

Sunshine Committee

Our Sunshine committee is in need of assistance. The committee helps devotees in need by sending flowers, a card, or even a personal visit. If you are interested in helping serving in this capacity please contact Sue Frahm (sue.larry.frahm@gmail.com). Also, please contact Sue if you know of any group members whose circumstances could be acknowledged. Thank you very much!

Update on New Altar Pictures

We have received the new "oval white out" pictures for our altar. They are similar to pictures used in many of the SRF temples, Centers, and Meditation Groups. We are in the process of getting them framed and mounted, with the assistance of professionals.

New SRF Books / Tapes

Understanding Karma, DVD by Bro. Anandamoy \$19.95

Fulfilling the Soul's Deepest Needs, DVD by Sri Daya Mata \$14.95

2011 engagement and wall calendars, \$14.00

Photo of Paramahansa Yogananda playing the esraj during an outing to a wilderness area in 1927 (Master's smiling photo on the cover of Cosmic Chants) 8X10 \$7.50

Picture on Front of Newsletter

This picture was taken at the first annual India Night celebration, July 10, 2010.

Council Members

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

Coordinator	Geoff Delin	303-948-1193
Secretary	Carolyn Reid	303-751-8228
Member at large	Ricardo Coward	303-893-6601
Member at large	Owen Kortz	720-427-9558
Member at large	Lynne Sirpolaidis	720-331-9498