

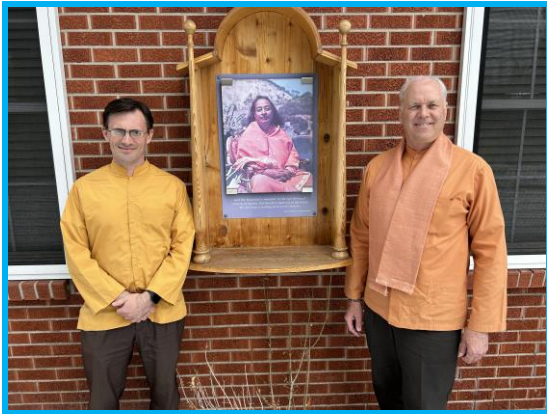
Denver
Meditation Group
 Of
Self-Realization Fellowship

"Before embarking on important undertakings, sit quietly, calm your senses and thoughts, and meditate deeply. You will then be guided by the great creative power of Spirit."

- Paramahansa Yogananda
 Where There Is Light

Schedule of Services

April □ May □ June
 2024



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

Sunday Readings Schedule

April

- 7 In God is All Happiness (III/14) *
- 14 Life Energy – the Power That Heals (III/15)
- 21 The Balanced Life (III/16)
- 28 Increasing the Power of Initiative (III/17)

May

- 5 The Dream Fabric of Life (III/18) *
- 12 Mothers: Manifestations of God's Love (III/19) **Mother's Day**
- 19 The Oneness of Religion (III/20)
- 26 Eliminating the Static of Fear from the Mind Radio (III/21)

June

- 2 Self-Analysis: Key to the Mastery of Life (III/22) *
- 9 Four Fundamental Ways to Realize God (III/23)
- 16 Spiritual Marriage (III/24) **Father's Day**
- 23 Seeing God as the Sole Doer (III/25)
- 30 Building World Unity (III/26)

Sunday Mornings

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

1st & 3rd Thursday Evenings

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

2nd and 4th Saturday Mornings

3-hour Meditation	8:30 – 11:30 AM
-------------------	-----------------

Special Services and Events

Guided Meditation during Readings Service
 * First Sunday each month 10:00 – 11:00 a.m.

Day of Service

Saturday, May 4th: 12:30 – 2:30 p.m.

Birthday of Swami Sri Yukteswar

Sunday, May 11th: 11:30 a.m. – 12:30 p.m.

Fellowship Gatherings

Vegetarian potluck Apr. 7, May 12, June 2
 Weekly Fellowship "Meet and Greet" on other Sundays following the Readings Service

Successful 2024 Monastic Visit

We were blessed to have Brother Ritananda from the SRF Bay Area Temple and Br. Daniel from the SRF Center Department visit Denver March 16-18, 2024. The monks led inspirational services, meditations with kirtan accompaniment, a satsanga, and provided personal counseling to devotees. Some devotees also went on an outing with the monks to Boulder. About 72 devotees attended the Sunday Services, many of whom are pictured below.



2025 SRF Center Tour Scheduled!

We are very pleased to announce that an SRF Center Tour is tentatively scheduled for Denver in April 2025! It has been many years since we last hosted a Center Tour (2017) and we are greatly looking forward to the event once again. The Center Tour will include a public lecture, techniques review classes, kriya initiation, meditations, a class on a particular aspect of the spiritual life, a satsanga, and a video showing. Many volunteers will be needed in order to make the Center Tour a success. Please contact a council member or email srfdenver@gmail.com if you are interested in helping.

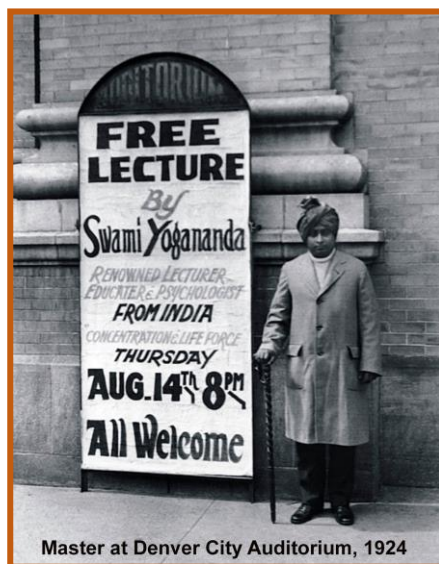
DMG Centennial Celebration

As many of you may know, it was 100 years ago that our Guru, Paramahansa Yogananda, first visited Denver. During his visit he wrote his poem Pikes Peak and formed the Denver Meditation Group of SRF in August 1924.



We are hoping to hold the 2025 SRF Center Tour mentioned above at the Elle Caulkins theater in downtown Denver for the public lectures. It was in this "Denver City Auditorium," as it was called at the time, that Master gave his final free public lecture August 14,

1924 on the subject of "Concentration and Life Force" (see picture below). We hope to



celebrate our DMG Centennial later this year as well as during the 2025 Center Tour. Let the council know if you are interested helping with the planning.

Day of Service

On Saturday May 4th we will have a Day of Service at the Center and in the garden from about 12:30 until 2:30 PM. Volunteer activities will include cleaning, gardening, and organizing. Please join us at 11:30 AM for a light lunch and fellowship before our work starts. We hope you can join us to practice some karma yoga!

Rocky Mountain Yogis Retreat October 11-13, 2024

The next Rocky Mountain Yogis Retreat with a theme of "Opening our Hearts and Minds to the Guru" will take place at the Franciscan Retreat Center in Colorado Springs. Please mark your calendars and look for email and website updates as the date approaches. Registration will start in June. We look forward to seeing many of you there.

Picture on Front of Newsletter

Brother Ritananda and Br. Daniel in the meditation garden of the Denver Meditation Group, March 17, 2024.

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