

# Denver Meditation Group Of Self-Realization Fellowship

*"Sometimes it seems difficult to be good, while it is easy to be bad; and that to give up the bad things is to miss something. But I say you will not miss anything but sorrow."*

- Paramahansa Yogananda, in  
Where There Is Light

## Schedule of Services

October □ November □ December  
2019



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

### Sunday Readings Schedule

#### October

- 6 [Harmonizing Work and Meditation \(II/44\)](#) [*At the FRC in Col. Springs*]
- 13 Practical Methods for Spiritual Growth (II/41)
- 20 Reincarnation (II/42)
- 27 Cultivate Your Desire For God (II/43)

#### November

- 3 [The Most Tempting Temptation \(II/40\)](#)\*
- 10 Why God Does Not Stop War (II/45)
- 17 Gaining the Wealth of Inner Happiness (II/46)
- 24 Limited and Unlimited Methods of Healing (II/47)

#### December

- 1 The Soul's Three Encasements (II/48) \*
- 8 Receiving God's Answer to Your Prayers (II/49)
- 15 Miracles of Raja Yoga (II/50)
- 22 Receive the Christ Consciousness (II/51)
- 29 The Purpose of Life Is to Find God (II/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. 17 through Jan. 4](#)

### 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

#### [Rocky Mountain Yogi Retreat](#)

Fri. - Sun, Oct. 4-6: Franciscan Retreat Center

#### [Daylight Savings Time Ends – Fall Back!](#)

Sunday, November 3: Set your clocks back 1 hour

#### [All-Day Christmas Meditation Service](#)

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

#### [New Year's Eve Meditation](#)

Tuesday, 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.

#### [Six-Hour Meditation](#)

Saturday Nov. 2, Dec. 7: 8:30 a.m. - 3:00 p.m.  
[No six-hour meditation on Saturday Oct. 5](#)

### Social Gatherings

Vegetarian potluck Nov. 3, Dec. 15  
*Generally, after the Readings Service on the 1st Sunday of the month*

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

## Dedication of Dhyana Meditation Garden at DMG Chapel

It is with joy and gratitude that we announce the completion and dedication of Heaven's Hope Meditation Garden Project (pictured on front page of the newsletter). We sincerely thank Heavens Hope and all the individuals who worked so hard and gave so generously to create this lovely meditation garden for the Denver Meditation Group (DMG). We see the hand of God and Guru working through all of those involved. A dedication service and reception was held on Sunday September 15th (pictured on front page) that was attended by about 50 devotees.

## Successful Retreat of the Rocky Mountain Yogis

The DMG in collaboration with members from several Colorado SRF meditation circles completed a very successful 10th annual retreat of the "Rocky Mountain Yogis" October 4-6, 2019 at the Franciscan Retreat Center (FRC) in Colorado Springs. We had 58 devotees attend the spiritually uplifting and relaxing weekend, most of whom are pictured below. Many thanks to all of those who helped make this event a tremendous success!



## DMG Cookbook Update

We're doing a revised updated version of the DMG cookbook focusing on Vegan and Vegetarian recipes contributed by devotees. If you have any contributions please contact Patricia. We are hoping that the revised cookbook will be available for holiday gifts.

## History Corner

Dr. Antonia Brico of Denver was a world-renowned (and first) woman symphony orchestra conductor. She is pictured at right with Paramahansa Yogananda, Dr. M.W. Lewis, Brother Anandamoy, and others in Encinitas, CA in 1950. Born in Rotterdam in 1903, Antonia Brico became a student of Swami Yogananda's on April 27, 1927 during his lecture series in Buffalo, NY. She was a devoted disciple of Guruji's throughout the remainder of her life, most of which was lived in Denver. In the recording "Song of India" on the album "Songs of My Heart" recorded in 1947, Antonia Brico is playing the harmonium, and Paramahansa Yogananda the tablas.

Dr. Brico, was the first woman to conduct the New York Philharmonic Orchestra. She was the first woman to achieve international fame as a conductor of symphony orchestras and commented, *"I believe in the things that Paramahansaji tells us. I consider it a great privilege to have had this valuable help from my Master. I can only wish that those of you who don't know what to do with your lives, and those of your children, might have the advice and backing morally and spiritually of this enlightened Master."*

Singer Judy Collins was a piano student of Dr. Brico's from the ages of 9 to 15. In 1952, Dr. Brico featured Judy Collins as a piano soloist for the Denver Businessmen's Orchestra. Dr. Brico was the subject of the 1973 documentary "Antonia: A Portrait of the Woman" by Judy Collins. The film portrays Dr. Brico as a musical pioneer of extraordinary achievement and was nominated for an Academy Award. Dr. Brico introduced her student, Judy Collins, to the teachings of Paramahansa Yogananda. *"I'm very into SRF,"* Collins said. *"I try for twice a day."* Collins said that meditation not only calms her, but helps her focus. *"It provides an emotional stability for me that I really need."*

Dr. Brico passed away on August 3, 1989 at the Bella Vita Nursing Home in Denver at age 87.



## Picture on Front of Newsletter

Dedication service for the newly created Denver Meditation Group meditation garden, September 15, 2019.

## 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	Steve Malkewicz	303-349-1411
Member at large	Valerie Coward	720-203-9242