

Denver

Meditation Group

Of

Self-Realization Fellowship

"Everything has its place, but when you waste time at the cost of your true happiness it is not good. I dropped every unnecessary activity so that I could meditate and try to know God, so that I could day and night be in his divine consciousness."

- Paramahansa Yogananda
Where There Is Light

Schedule of Services

October ◻ November ◻ December
2022



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

Sunday Readings Schedule

October

- 2 The Light of Truth Eternal (I/40)
- 9 [Regional Retreat at Franciscan Retreat Center in Colorado Springs](#)
- 16 Your True Self – The Immortal Soul (I/42)
- 23 The Art of Devotional Singing (I/43)
- 30 Ways to Overcome Nervousness (I/44)

November

- 6 [Practicing Yoga in World Affairs \(I/45\)*](#)
- 13 Freedom from Habit Slavery (I/47)
- 20 Giving Thanks for Life's Blessings (I/46)
- 27 The Universality of Religion (I/48)

December

- 4 Finding the Joy in Life (I/49) *
- 11 The Nature of a Master (I/50)
- 18 Controlling Your New Year's Destiny (I/52)
- 25 Celebrating Christmas in the Silence of the Soul (I/51)

Sunday Mornings

Meditation Service	9:00 – 9:45 a.m.
Readings Service	10:00 – 11:00 a.m.
Children's Sunday School: (Ages 4-10)	10:00 – 11:00 a.m. (3 rd Sunday / mo.)
Youth Sunday School: (Ages 11 and older)	10:00 – 11:00 a.m. (1 st Sunday / mo.)
Bookroom open most Sundays	After the services

Thursday Evenings

Inspirational Service	Suspended for now
Prayer Service	Suspended for now

Saturday Mornings

3-hour Meditation 2 nd Saturday, Dec. 10th	8:30 – 11:30 AM
---	-----------------

Special Services and Events

[Monastic-Led Inspirational Service](#)

Thursday, October 6: 7:30 – 9:00 p.m.

[October 7-9 Regional SRF Monastic-Led Retreat at the Franciscan Retreat Center in Colorado Springs](#)

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

Sunday, November 6: Set your clocks back 1 hour

[All-Day Christmas Meditation Service](#)

Saturday, December 17: 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 11:00 PM for personal meditation

[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 Nov. 6, Dec. 17
Weekly Fellowship "Meet and Greet" *Sundays following the Readings Service*

Property Updates

We had a general meeting on August 7, 2022 to discuss finances for the project to install metal security fencing along the north and west sides of the property, including gates. The congregation approved completion of this project. A contractor has been selected and we are in the process of gathering all of the necessary information in order to complete this project as soon as possible.

We are still working through the process of replacing our windows on the parking lot side of the chapel, which were vandalized a few months ago. Contractors have been selected and we are working with them to get the projects completed as soon as possible.

Monastic-Led Regional Retreat October 7-9, 2022

Response and interest for the Self-Realization Fellowship (SRF) Regional Retreat to be held October 7-9 at the Franciscan Retreat Center in Colorado Springs has been great! Registration is closed, and we are now full. The retreat will be led by Brother Sattvananda from San Diego Temple (pictured at right) and Brahmachari Jeff of the SRF Mother Center (pictured above right).

We will not have services in our chapel on October 8-9th due to the retreat.



Please also mark your calendars for next years self-led silent retreat: October 6-8, 2023 at the Franciscan Retreat Center.

If you have any questions regarding our retreats please speak with Ricardo or Jennifer or leave a message via our email, on the front page.

Oct. 6 Monastic-Led Service

On Thursday October 6 we will have a inspirational service at 7:30 PM in our chapel led by Brother Sattvananda and Br. Jeff followed by a reception with snacks.

All-Day Christmas Meditation

Our All-Day Christmas Meditation will be held on December 17th from 9:00 a.m. to 5:00 p.m. We will be live-streaming the service in our chapel led by SRF monastics. A vegetarian potluck will follow the service. We hope you can join us for the special day, as this service is always a very joyful and inspiring event for devotees world-wide.

Sunday School & Teen Group

Our regular Sunday School (ages 4-10) has resumed meeting on the 3rd Sunday each month (Oct. 16 and Nov. 20). Our teen group (ages 11 and older) will be meeting on the 1st Sunday of the month (Oct. 2 and Nov. 6). We will not hold Sunday School classes in December. All classes will take place during the Sunday Readings Service (10:00-11:00am). The teens, parents, and instructors are looking forward to a new year of fun-filled activities and services.

If you are interested and able to serve Master's children in either of these areas



please speak with a council member. 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.

The Visit of the Three Wise Men

"Behold, there came wise men from the east to Jerusalem, saying, 'Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him.'... And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh." – Matthew 2:1-2, 11

Interpretation of above Bible text by Paramahansa Yogananda from *The Second Coming of Christ, The Resurrection of the Christ Within You* (an excerpt): There is a very strong tradition in India, authoritatively known amongst high metaphysicians in tales well told and written in ancient manuscripts, that the wise men of the East who made their way to the infant Jesus in Behlehem were, in fact, great sages of India...

Picture on Front of Newsletter

Drawing by Heinrich Hofmann of the three wise men greeting baby Jesus, from page 62.5 in *The Second Coming of Christ, The Resurrection of the Christ Within You*, by Paramahansa Yogananda

Council Members

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

Coordinator	Jennifer Schofield
Treasurer	Ricardo Coward
Secretary	Veronica Booz
Member at large	Ron Torp
Member at large	Nancy Netz