

Denver *Meditation Group* *Of* *Self-Realization Fellowship*

"Every thought we think sets up a particular subtle vibration... When you mentally utter the word "God," and keep on repeating that thought within, it sets up a vibration that invokes the presence of God."

- Paramahansa Yogananda
 Where There is Light

Schedule of Services

January □ February □ March
 2026



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

Sunday Readings Schedule

January

- 4 Kriya Yoga – The royal Science of Realization (II/1)*
- 11 The Art of Developing Memory (II/2)
- 18 Why Life's Tests are Thrust Upon Us (II/3)
- 25 Making the Most of Sundays (II/4)

February

- 1 Unite Your Will with the Infinite (II/5)*
- 8 Satan – The Cosmic Magician (II/6)
- 15 The Inner Meaning of Self-Realization (II/7)
- 22 Curing Psychological Intoxication (II/8)

March

- 1 Guru – Channel of Eternal Blessings (II/9)*
- 8 Awaken Your Power to Be Happy (II/10) *Daylight Savings Time begins*
- 15 The Meaning of Reincarnation (II/11)
- 22 Get Acquainted with God (II/12)
- 29 Healing by Knowing the Nature of Creation (II/13)

Sunday Mornings

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

Saturday Mornings

3-hour Meditation	8:30 – 11:30 a.m.
Except 3/7/2026	8:30 – 10:30 a.m.

Special Services and Events

Guided Meditation during Readings Service

* First Sunday each month 10:00 – 11:00 a.m.

Birthday for Paramahansa Yogananda

Sunday, January 4: 11:30 a.m. – 12:30 p.m.

All-Day Meditation for Paramahansa Yogananda

Saturday, January 10: 9:00 a.m. – 3:00 p.m.

Mahasamadhi for Paramahansa Yogananda

Saturday, March 7: 10:30 a.m. – 11:30 p.m.

Mahasamadhi for Swami Sri Yukteswar

Sunday, March 8: 11:30 a.m. – 12:30 p.m.

Daylight Savings Time Begins – Spring Ahead!

Sunday, March 9: Set your clocks ahead 1 hour

Social Gatherings

Vegetarian potluck Jan. 4, Feb. 1, March 1
 Weekly Fellowship Tea "Meet and Greet" on other
 Sundays following the Readings Service

SRF Monastics to Visit Denver!

We are very happy to announce that two monks from the SRF Mother Center will be visiting our Denver Center in March 2026! Brother Saralanada (pictured at right), who is on the SRF Board of Directors, and Brother Dhyananda (pictured below at right) will be arriving March 16th and will spend all day in Denver on the 17th. From about 11:00 a.m. to 2:00 p.m. on the 17th local devotees will have the opportunity to join the monks on an outing to a yet-to-be-determined location. In the evening of the 17th from 7:00 – 8:00 p.m. the monks will lead an Inspirational Service at the Denver Center (1360 Garisson Street) followed by a time of fellowship afterwards. On the 18th we may also have time to join the monks for lunch somewhere prior to their departure. Stay tuned for updates as their March visit approaches.

General Meeting & Elections

We will be holding a general meeting on January 25, 2026 following the Readings Service to give everyone an update on our accomplishments this past year, to discuss plans for this coming year, and to hold elections for council members and service readers. To nominate someone as council member or service reader, or if you want to volunteer yourself, please write the person's name along with the position title on a slip of paper and place it in the suggestion box in the foyer or send an email to: srfdenver@gmail.com

If you have any issues that you would like discussed at the meeting please place these in the suggestion box or speak with a council member.

Service Reader Meeting

On February 22, 2025 following the Readings Service we will have a service reader meeting in the chapel. All service readers please plan on attending. Please contact Geoff if you have any questions or suggested discussion topics.

Online/Electronic Donations

Just a reminder that you can make donations online/electronically on the DMG website at [www.srf-](http://www.srf-denver.org/donations.html)

denver.org/donations.html. Thank you for your support!!!



Successful Member-Led Retreat

We completed a very successful member-led Retreat October 10-12, 2025 at the Franciscan Retreat Center in Colorado Springs. About 41 devotees attended the spiritually uplifting weekend, most of whom are pictured below. Many thanks to all of the volunteers who helped make the event a success!

Thank You!

As you may have noticed, attendance at our services as well as in our Sunday School has been growing! That is very exciting to see!!! A special welcome to all who are new to our services; we are so glad you have joined this path in search of self realization.

Many thanks to all who serve the Denver Meditation Group! As our Guru said, "*It is a blessing to serve.*" If you are interested in serving our group in any capacity, please contact a council member.

Peace and blessings to all of you during 2026!!

Picture on Front of Newsletter

A devotionally-adorned standard picture of Paramahansa Yogananda.

Council Members

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

Coordinator	Kelly Yousem
Treasurer	Steve Malkewicz
Secretary	Kathy Corte
Member at large	Srihari Nandyal
Member at large	

