

Denver
Meditation Group
 Of
Self-Realization Fellowship

"Each type of mood has a specific cause, and it lies within your own mind."

- Paramahansa Yogananda
 Where There Is Light

Schedule of Services

July □ August □ September
 2019



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

Sunday Readings Schedule

July

- 7 Patriotism That Will Endure (II/26) *
- 14 Whence Comes Happiness? (II/28)
- 21 Laws of Love and Truth (II/29)
- 28 What Is the Soul? (II/30)

August

- 4 Devotion That Touches God (II/31)*
- 11 Surmounting Life's Troubles (II/32)
- 18 Proof of the Existence of God (II/33)
- 25 Health Through Union with Cosmic Life (II/34)

September

- 1 Man's Greatest Duty – To Remember God (II/35) *
- 8 What is 'Salvation'? (II/36)
- 15 Life – A Cosmic Motion Picture (II/37)
- 22 Hastening Human Evolution (II/38)
- 29 Finding God in Family Life (II/39)

Sunday Mornings

Meditation Service	9:00 – 9:45 a.m.
Readings Service	10:00 – 11:00 a.m.
Sunday School	10:00 – 11:00 a.m.

NO SUNDAY SCHOOL JULY 1 – AUG. 15
BOOKROOM SALES WILL BE CLOSED IN JULY

Thursday Evenings

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

NO SERVICE THURSDAY JULY 4TH

Saturday Mornings

3-hour Meditation	8:30 – 11:30 a.m.
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Special Services and Events

Mahavatar Babaji Commemoration Service
 Thursday July 25 7:30 p.m. – 9:00 p.m.

Janmashtami - Birthday of Bhagavan Krishna
 Saturday August 24: 7:30 p.m. – 9:00 p.m.

Mahasamadhi Service for Lahiri Mahasaya
 Thursday September 26: 7:30 p.m. – 9:00 p.m.

Birthday of Lahiri Mahasaya
 Sunday September 29: 12:00 p.m. – 1:30 p.m.

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

Six-Hour Meditation
 Saturday July 6, Aug. 3, & Sept. 7: 8:30 a.m. - 3:00 p.m.

Social Gatherings

Vegetarian potluck* July 7, Aug. 4, Sept. 1

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

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

Successful Public Outreach Event

Brother Balananda and Br. Jeff from the Self-Realization Fellowship (SRF) headquarters led a successful public outreach event on Tuesday May 14th. The event was held at the Sons of Italy Denver Lodge with about 120 people in attendance including about 26 newcomers. The SRF Public Affairs Dept. considered this a very good turnout, particularly for a mid-week event. The event included a free lecture as well as a guided meditation on the kriya yoga teachings of Paramahansa Yogananda.

On Wednesday May 15th the monks joined a group of devotees on a hike in Genesee Mountain Park (see the picture below) plus a picnic, chanting, meditation, and satsanga. The monks also led a meditation and satsanga at our chapel in the evening on the 15th.



Successful Open House

On April 28th prior to the Public Outreach event we hosted our first-ever Open House at our chapel. The primary purpose of the event was to advertise the May 14th Public Outreach Event but also to welcome and introduce newcomers to Self-Realization Fellowship and the Denver Meditation Group. The award winning

movie *AWAKE: The Life of Yogananda* was shown following a brief introduction to the SRF teachings and a short guided meditation. Although only about 6 newcomers were in attendance we felt that it was a success. The plan is to hold a similar Open House in future years.

Registration Now Open for The Fall Silent Retreat

Please join us for our annual Rocky Mountain Yogis Retreat October 4 - 6, 2019 at the Franciscan Retreat Center in Colorado Springs. The theme of the retreat is "*Bringing God and Guru into Daily Life*". This is a wonderful opportunity to withdraw our minds from the distractions of daily life, to relax and become receptive to His omnipresent blessings.

Silence will be maintained throughout the retreat. Six vegetarian meals are served. Periods of group meditation and energization exercises (see the picture at right from last years SRF Regional Retreat) are interspersed with periods of free time. The cost for the retreat with meals and lodging is \$210. Please register soon as sleeping accommodations will be limited. You can register on-line and pay with credit card (<https://www.lenkr-reg.com/>) or pick up a retreat flyer with registration form in the foyer and pay by check. If you have any questions regarding the retreat you may email RMYretreat@gmail.com or call 303-547-6147. Information is also available at the DMG website (www.srf-denver.org). We look forward to seeing you there!

Landscaping / Property Updates

Our plan to install a deck has been approved by Mother Center and we are currently in the process of getting contractor bids. A non-profit organization, owned by two SRF devotees in Boulder, have very

graciously and generously donated resources to install a meditation garden next to our chapel as well as other landscaping improvements. A local devotee very graciously and generously donated resources to enhance our security by installing security cameras. Devotees have also improved our security by installing deadbolt locks and motion detector lighting.

Our Teen Group has a couple of ongoing projects including installation of an herb garden on the south side of the Fellowship Building as well as a project of designing greeting cards.

Chair extenders were also installed on our chapel chairs, to improve our meditation posture. We give our heartfelt thanks and gratitude to all of the devotees involved in these projects as well as all other devotees who continue to donate their time, money, expertise, and other resources to improving our property and services. Jai Guru!

Livestream Satsanga with Brother Chidananda August 9th

On Friday August 9th in our chapel there will be a special satsanga with Brother Chidananda, president and spiritual head of SRF, livestreamed from Convocation. Please join us in our DMG chapel for this special satsanga.

Picture on Front of Newsletter

Br. Jeff and Bro. Balananda during the May 15, 2019 hike at Genesee Mountain Park following the SRF Public Outreach Event.

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