

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

“Change your thoughts if you wish to change your circumstances. Since you alone are responsible for your thoughts, only you can change them.”

- Paramahansa Yogananda  
Where There Is Light

## **Schedule of Services**

October ▢ November ▢ December  
2025



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### **Sunday Readings Schedule**

#### **October**

- 5 The Light of Truth Eternal (I/40)\*
- 12 **How to Overcome Fear (I/41)**
- 19 Your True Self – The Immortal Soul (I/42)
- 26 The Art of Devotional Singing (I/43)

#### **November**

- 2 **Ways to Overcome Nervousness (I/44)\***
- 9 Practicing Yoga in World Affairs (I/45)
- 16 Freedom from Habit Slavery (I/47)
- 23 Giving Thanks for Life's Blessings (I/46)
- 30 The Universality of Religion (I/48)

#### **December**

- 7 Finding the Joy in Life (I/49)
- 14 The Nature of a Master (I/50)
- 21 Celebrating Christmas in the Silence of the Soul (I/51)
- 28 Controlling Your New Year's Destiny (I/52)

### **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.

(Ages 4 and older)

*No Sunday School Oct. 12th*

Bookroom open most After the services  
Sundays

### **1<sup>st</sup> & 3<sup>rd</sup> Thursday Evenings**

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

### **2<sup>nd</sup> and 4<sup>th</sup> Saturday Mornings**

3-hour Meditation	8:30 – 11:30 AM
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*Note: No 3-hr meditation Oct. 11th*

### **Special Services and Events**

#### **Devotee-Led Retreat**

At Franciscan Retreat Center in Colorado Springs,  
October 10-12

#### **Daylight Savings Time Ends – Fall Back!**

Sunday, November 2: Set your clocks back 1 hour

#### **Day of Service**

Saturday, November 8: 11:30 a.m. – 1:00 p.m.

#### **All-Day Christmas Meditation Service**

Saturday, December 13: 9:00 a.m. – 4:00 p.m.

#### **Guided Meditation during Readings Service**

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

### **Fellowship Gatherings**

Vegetarian potluck Oct. 5, Nov. 2, Dec. 7  
Weekly Fellowship "Meet and Greet" on other Sundays  
following the Readings Service

## **Rocky Mountain Yogis Devotee-Led Retreat October 10-12, 2025**

Registration is now open for this year's Rocky Mountain Yogis Devotee-Led Silent Retreat, being held once again at the [Franciscan Retreat Center](#) in Colorado Springs. The theme of this year's retreat is "Silence: Doorway to God."

To register, please pick up a retreat flyer at our chapel, from the DMG website, download it from the email sent out by the DMG managing council, or register online [here](#). Please email RMYRetreat@gmail.com with any questions. We look forward to seeing many of you there!

Pictured below are devotees who attended the 2024 devotee-led retreat at the Franciscan Retreat Center.

### **Property Updates**

We currently are in the process of investigating options for a structure over the patio. The structure would satisfy two main needs for the group. First, our Sunday School has been growing and is in need of additional meeting space. Also, the structure would provide the group with a fellowship area that we could use during our monthly potucks and weekly fellowship teas. Our

vision is that the structure would have heating and cooling making it available all-year around. Stay tuned for more information.

### **Decorating the Denver Meditation Group Center for Christmas**

We will be putting up our Christmas decorations for the Denver Meditation Group center after the potluck on December 7th. We hope that you can join us for this joyous afternoon of service!

### **Interested in Volunteering?**

Are you interested in volunteering for the DMG? It is a blessing to serve this sacred work of SRF and we are always looking for volunteers in many areas. Please speak with a council member if you would like to serve. Jai Guru!

### **Sunday School & Teen Group**

Our Sunday School has resumed; the children and teens meet every Sunday during the Readings Service (10:00-11:00 am). The teens, parents, and instructors are looking forward to a new year of fun-filled activities and services.

## **Picture on Front of Newsletter**

Painting by Heinrich Hofmann of Jesus and the Woman of Samaria, from page 318.5 in The Second Coming of Christ, The Resurrection of the Christ Within You, by Paramahansa Yogananda.

"The meeting of Jesus with the woman of Samaria was not a chance encounter, but a divinely devised guru-disciple reunion. The Samaritan woman was a morally lost disciple of a previous incarnation whom Jesus wanted to redeem... Jesus spoke of the inner experience, the uncovering, with the help of one's guru, of the wellspring of divinity within the soul..." —Paramahansa Yogananda

### **History Corner**

#### **Testimonial from the March 1937 Inner Culture Magazine:**

*"I want you to know that the Lessons have been a great help to me in getting a better understanding of life and the Truth. I am enjoying the review of the Lessons. There is always something new and interesting in them no matter how many times one has gone over them. Wouldn't want to do without them for I prize them as the highest thing I have. I have never had so much joy and happiness in my life as I have had the last year."*  
—A. B., Denver, Colo.

### **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

