

# London Centre of Self-Realization Fellowship

## Quarterly Newsletter July to September 2017

Dear Friends,

The London Centre extends its warmest greetings. With this quarterly newsletter we bring you details of our programme of special services, retreats, and other spiritual gatherings for the coming three months. We look forward to meeting many of you as you join us in the Centre's activities at 82A Chiltern Street, London W1U 5AQ. Our regular meetings are Sunday at 9.30 and 11.00 am, Tuesday and Thursday at 7.00 pm. Full details of all activities and items mentioned below are available on the London Centre website [www.srf-london.org.uk](http://www.srf-london.org.uk). This newsletter is also available on the website within the "Newsletter" link on the home page

### **SPECIAL ANNOUNCEMENTS**

- We are delighted to announce a visit from Centre Department monks to the London Centre this September from Thursday 14<sup>th</sup> to Sunday 17<sup>th</sup> September and warmly invite all to participate. Please click on the link below to see a high level schedule. We very much welcome your views in shaping the schedule and invite you to serve before and during the event. Please complete the survey by Friday June 23<sup>rd</sup>.
- A cleaning day in preparation for the monastic visit is scheduled for Saturday 2<sup>nd</sup> September, all help would be greatly appreciated, you can register attendance also within the survey below.

Monastic Visit Schedule and Survey: <https://www.surveymonkey.co.uk/r/JYWB2CL>

For any questions or comments, please contact Rupal Kantaria at [monksvisit@srf-london.org.uk](mailto:monksvisit@srf-london.org.uk).

- Youth Protection Training is on 24<sup>th</sup> September. For further information please contact Jennie Hill at [sundayschool@srf-london.org.uk](mailto:sundayschool@srf-london.org.uk).

### **SPECIAL SERVICES AND ADJUSTED SERVICE TIMES**

For each of the special services, please plan to arrive early in order not to disturb those quietly meditating. For the commemorations you are also invited to bring devotional offerings of a flower and a donation in an envelope.

| Date      | Time                      | Event              |   |
|-----------|---------------------------|--------------------|---|
| July      | Sunday 9 <sup>th</sup>    | 12.30 pm – 3.30 pm | Long Meditation                           |
|           | Tuesday 25 <sup>th</sup>  | 7.00 pm – 8.45 pm  | Mahavatar Babaji's Birthday Commemoration |
| August    | Tuesday 15 <sup>th</sup>  | 7.00 pm – 8.45 pm  | Janmashtami Commemoration                 |
| September | Thursday 26 <sup>th</sup> | 7.00 pm – 8.45 pm  | Lahiri Mahasaya's Mahasamadhi             |
|           | Saturday 30 <sup>th</sup> | 7.00 pm – 8.45 pm  | Lahiri Mahasaya's Birthday                |

### **LESSONS AND GITA READINGS**

There will be Gita readings and Lessons readings held every month on the following dates. For SRF Lessons classes the only requirement is that you are a lessons student and everyone is welcome to attend Gita readings.

| SRF Lessons          | Time (Sunday)   | Gita Readings         | Time (Sunday)   |
|----------------------|-----------------|-----------------------|-----------------|
| July 2 <sup>nd</sup> | 12.15 – 1.15 pm | July 16 <sup>th</sup> | 12.15 – 1.15 pm |
| Aug 6 <sup>th</sup>  | 12.15 – 1.15 pm | Aug 20 <sup>th</sup>  | 12.15 – 1.15 pm |
| Sept 3 <sup>rd</sup> | 12.15 – 1.15 pm | Sept 10 <sup>th</sup> | 12.15 – 1.15 pm |

Please Note: Lessons and Gita readings are held in the chapel and all those attending are asked to please help with the set up and arrive on time.

### **FAMILY SERVICE, SUNDAY SCHOOL, TEENS AND YOUNG ADULTS GROUP MEETINGS**

For details of Family services, Sunday School, and Teens activities, or to volunteer to help with them, please contact us on 020 8952 6373 or [sundayschool@srf-london.org.uk](mailto:sundayschool@srf-london.org.uk). For the Young Adults group, please contact us on 07951 350668 or [youngadults@srf-london.org.uk](mailto:youngadults@srf-london.org.uk).

| Young Adults Group                        | Time (Sunday)   | Sunday School         | Time (Sunday)    | Family Service                 | Time (Sunday) |
|---|-----------------|-----------------------|------------------|--------------------------------|---------------|
| July 2 <sup>nd</sup> and 23 <sup>rd</sup> | 12.15 – 1.30 pm | July 16 <sup>th</sup> | 10.55 – 11.55 am | None scheduled for this period |               |
| Aug 13 <sup>th</sup>                      | 12.15 – 1.30 pm | Sept 24 <sup>th</sup> | 10.55 – 11.55 am |                                |               |
| Sept 3 <sup>rd</sup>                      | 12.15 – 1.30 pm |                       |                  |                                |               |

## **VOLUNTEERS**

The London Centre is always grateful for volunteers to assist in running the Centre. If you would like to offer your help please kindly complete the online form which you will find at the following link:

<http://www.srf-london.org.uk/volunteer-opportunities/>. If you have any queries, please do not hesitate to contact the volunteer coordinator at [volunteers@srf-london.org.uk](mailto:volunteers@srf-london.org.uk).

## **SRF MEDITATION CIRCLES IN THE UK AND IRELAND**

There are a number of Meditation groups across the UK and Ireland. For details contact [meditationcircles@srf-london.org.uk](mailto:meditationcircles@srf-london.org.uk); or Ian Kendall (Tel; 020 8979 3498) and Theresiu Janicki-Hardy (Tel: 02392 631019).

## **SOCIAL GATHERINGS**

You are warmly invited to join with us for social gatherings on the following days:

| <b>Thursdays at 8.40pm – 10.00pm</b>   | <b>Sundays at 12.30pm – 2.00pm</b> |
|--|------------------------------------|
| July 13 <sup>th</sup>  | July 30 <sup>th</sup>              |
| Sept 14 <sup>th</sup> (part of monastic visit schedule, see survey link in "Special Announcements" section of this newsletter for full schedule) | Sept 24 <sup>th</sup>              |

On Thursdays light refreshments are provided. On Sundays you are invited to bring food to share.

## **RETREATS**

### **ONE-DAY RETREATS (10.00am – 5.30pm):**

| <b>Date(s)</b>                 | <b>Venue</b>    | <b>Contact Name</b>                      | <b>Tel/Email</b>   |
|--------------------------------|-----------------|--|--|
| Sunday 27 <sup>th</sup> August | Chiltern Street | Ian Kendall or<br>Theresiu Janicki-Hardy | <a href="mailto:onedayretreat@srf-london.org.uk">onedayretreat@srf-london.org.uk</a><br>Tel: 0208 979 3498 or 02392 631019 |

Please note that one-day retreats replace regular Sunday services. Please bring an individual packed lunch and food to share for the closing tea.

## **WEEKEND RETREATS**

| <b>Date(s)</b>  | <b>Venue</b>                               | <b>Booking Contact</b> | <b>Email</b>   | <b>Prices (p/p)</b> | <b>Booking opens</b>      |
|---|--|------------------------|--|---------------------|---------------------------|
| Friday 8 <sup>th</sup> to Sunday 10 <sup>th</sup> September | Ladywell Retreat Centre, Goldaming, Surrey | Ian Stratford          | <a href="mailto:weekendretreat@srf-london.org.uk">weekendretreat@srf-london.org.uk</a> | £132 Fri – Sun      | June 6 <sup>th</sup> 2017 |

London Centre retreats can be booked online via our website: <http://www.srf-london.org.uk/retreats/>.

## **ACCESS TO THE LONDON CENTRE FOR DISABLED PEOPLE**

We would kindly request that people with disabilities who need help to access the London Centre inform our access coordinator in advance at [access@srf-london.org.uk](mailto:access@srf-london.org.uk) so that we can arrange suitable assistance.

## **LONDON CENTRE MAILING LIST – SUBSCRIBE OR UNSUBSCRIBE**

As well as the London Centre website, this newsletter is available at the Centre, by email and by post to those who cannot use other means. Sending newsletters by email is the quickest and most economical method. To have your email or postal addresses added to, or removed from, our mailing list, please contact us at [mailinglist@srf-london.org.uk](mailto:mailinglist@srf-london.org.uk).

For any further information including an FAQ section head to the website [www.srf-london.org.uk](http://www.srf-london.org.uk).

"If you want to be loved, start loving others who need your love...If you want others to sympathise with you, start showing sympathy to those around you. If you want to be respected, you must learn to be respectful to everyone, both young and old...Whatever you want others to be, first be that yourself; then you will find others responding in like manner to you"

— Excerpts from the writings of Paramahansa Yogananda, Yogananda-srf.org.