

# Quarterly Newsletter January to March 2018

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

- o It is with great joy that we share the news that Brother Saralananda, member of the SRF Board of Directors, and Brother Tyagananda, co-head of Centre Department, will be visiting the London Centre on 23<sup>rd</sup> to 25<sup>th</sup> February 2018.

The preliminary schedule is as follows:

- Friday 23<sup>rd</sup> February: Evening dinner/meeting with area leaders at the Centre.
- Saturday 24<sup>th</sup> February: Centre Dept. presentation and workshop in the morning – Guided meditation service in the evening.
- Sunday 25<sup>th</sup> February: Sunday Services and Social Fellowship Lunch

More details will be communicated in due course. Please also check the London Centre website for updates.

- o All branch members are requested to attend the Annual Elections and General Meeting on Sunday 21<sup>st</sup> January from 12.30pm until 2.30pm after the morning service.
- o The following greeters training sessions have been scheduled. Greeters are required to attend one of them. Devotees interested to serve as greeters are welcome to attend.
  - Thursday 25<sup>th</sup> January, 20:40-21:20
  - Sunday 4<sup>th</sup> February, 12:15-13:00

## 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	
January	Friday 5 <sup>th</sup>	7.00 pm – 8.45 pm	Paramahansa Yogananda birthday commemoration
	Saturday 13 <sup>th</sup>	10.00 am – 4.00 pm	Paramahansa Yogananda commemorative meditation
	Tuesday 30 <sup>th</sup>	7.00 pm – 9.00 pm	Meditation for Daya Mata's birthday (31 <sup>st</sup> Jan)
February	Saturday 3 <sup>rd</sup>	10.30 am – 3.30 pm	Kirtan
March	Wednesday 7 <sup>th</sup>	7.00 pm 8.45 pm	Paramahansa Yogananda Mahasamadhi
	Friday 9 <sup>th</sup>	7.00 pm – 8.45 pm	Sri Yukteswar Mahasamadhi
	Saturday 17 <sup>th</sup>	9.00 am – 2.00 pm	Long Meditation
	Friday 30 <sup>th</sup>	12.00 pm – 3.00 pm	Good Friday Service

## 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)
January 7 <sup>th</sup>	12.15 – 1.15 pm	January 14 <sup>th</sup>	12.15 – 1.15 pm
February 4 <sup>th</sup>	12.15 – 1.15 pm	February 18 <sup>th</sup>	12.15 – 1.15 pm
March 4 <sup>th</sup>	12.15 – 1.15 pm	March 18 <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, AND YOUNG ADULTS GROUP MEETINGS**

For details of Family services and Sunday School 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 07858 028928 or [youngadults@srf-london.org.uk](mailto:youngadults@srf-london.org.uk). **Please note:** Young Adults meetings are for those aged between 18-35. They meet the first Sunday of every month (in meeting room 2)

Young Adults Group	Time (Sunday)	Sunday School	Time (Sunday)	Family Service	Time (Sunday)
January 7 <sup>th</sup>	12.15 – 1.30 pm	January 28 <sup>th</sup>	10.55 – 11.55 am		
February 4 <sup>th</sup>	12.15 – 1.30 pm	February 25 <sup>th</sup>	10.55 – 11.55 am		
March 4 <sup>th</sup>	12.15 – 1.30 pm	March 25 <sup>th</sup>	10.55 – 11.55 am	March 25 <sup>th</sup>	12.05 – 12.25 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:

Thursdays at 8.40pm – 9.40pm	Sundays at 12.30pm – 2.00pm
January 11 <sup>th</sup>	January 28 <sup>th</sup>
February 8 <sup>th</sup>	February 25 <sup>th</sup>
March 15 <sup>th</sup>	March 25 <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):**

Date(s)	Venue	Contact Name	Tel/Email
Sunday 11 <sup>th</sup> February	Chiltern Street	Ian Kendall or Theresiu Janicki-Hardy	<a href="mailto:onedayretreat@srf-london.org.uk">onedayretreat@srf-london.org.uk</a> 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**

Date(s)	Venue	Booking Contact	Email	Prices (p/p)	Booking opens
Friday 2 <sup>nd</sup> to Monday 5 <sup>th</sup> March	Ladywell Retreat Centre, Goldaming, Surrey	Jane Parsons	<a href="mailto:weekendretreat@srf-london.org.uk">weekendretreat@srf-london.org.uk</a>	£132 Fri – Sun £198 Fri - Mon	January 8 <sup>th</sup> 2018

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 don't invite God to be your summer Guest, He won't come in the winter of your life."  
— Lahiri Mahasaya, Autobiography of a Yogi (ch.24)