

London Centre of Self-Realization Fellowship

Quarterly Newsletter April to June 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. Full details of all items mentioned below are available on the London Centre website 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 very pleased to announce that there will be a visit to the London Centre by SRF monastics to conduct an inspirational programme of meetings during the weekend of May 11-13, this year.

Visits by monastics are always very special, uplifting events and the programme, to be conducted on this occasion by Bro Sevananda and Bro Balananda, will include a kriya yoga initiation ceremony, on Saturday May 12th. This will be at the London Centre. On Friday May 11th there will be a public lecture at Regent's University, which will be especially suitable for inviting your friends and family members, and on Sunday 13th another inspirational programme, also at the university. Please note that the venue has requested advance registration for events that will take place there; for full details visit the London Centre website www.srf-london.org.uk and look on the left column under "Upcoming Events".

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	
April	Friday 30 th (March)	12.00 pm – 3.00 pm	Good Friday Service
	Sunday 1 st April	8.15 am – 9.15 am	Easter Sunrise Service
	Sunday 8 th April	12.30 pm – 3.30 pm	Long Meditation
May	Thursday 10 th	7.00 pm – 8.45 pm	Sri Yukteswar's Birthday Commemoration
	Saturday 19 th	1.00 pm – 6.00 pm	Long Meditation
June	Saturday 23 rd	10.30 am – 3.30 pm	Kirtan

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. Please bring your own copy of the lessons. Note: Lesson numbers to be covered will also be shown in advance on the notice board in the London Centre social hall in case these change. Mother Centre recommends that you read the lesson prior to the meeting.

SRF Lessons	Time (Sunday)	Gita Readings	Time (Sunday)
April 1 st (Lesson 52 part 1)	12.15 – 1.15 pm	April 15 th	12.15 – 1.15 pm
May 6 th (Lesson 52 part 2)	12.15 – 1.15 pm	May 20 th	12.15 – 1.15 pm
June 3 rd (Lesson 52 part 3)	12.15 – 1.15 pm	June 17 th	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. For the Young Adults group, please contact us on 07951 350668 or youngadults@srf-london.org.uk.

Young Adults Group	Time (Sunday)	Sunday School	Time (Sunday)	Family Service	Time (Sunday)
April 1 st	12.15 – 1.30 pm	April 29 th	10.55 – 11.55 am	June 24 th	12.05 – 12.25 pm
May 6 th	12.15 – 1.30 pm	May 27 th	10.55 – 11.55 am		
June 3 rd	12.15 – 1.30 pm	June 24 th	10.55 – 11.55 am		

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/join-us/become-volunteer>. If you have any queries, please do not hesitate to contact the volunteer coordinator at 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; 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
April 12 th	April 29 th
	May 27 th India Day
June 14 th	June 24 th

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 10 th June	Chiltern Street	Ian Kendall or Theresiu Janicki-Hardy	onedayretreat@srf-london.org.uk 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 29 th June to Sunday 1 st / Monday 2 nd July	Ladywell Retreat Centre, Goldaming, Surrey	Jane Parsons	weekendretreat@srf-london.org.uk	£132 Fri – Sun £198 Fri - Mon	March 26 th 2018

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 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 mailinglist@srf-london.org.uk or reply by post to the London Centre at the address given above.

This newsletter and other information are also available on the Centre website: www.srf-london.org.uk

**'Dance of life or dance of death,
Know that these come from Me, and rejoice.
What more dost thou want, than that thou hast Me?'**

The words of Divine Mother to Guruji, taken from www.yogananda-srf.org;
"Paramahansa Yogananda - As I knew Him" by Sri Daya Mata