

London Centre of Self-Realization Fellowship

Quarterly Newsletter October to December 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

ALL DAY CHRISTMAS MEDITATION

This will be held on Saturday December 15th. For this service, a time of deep inner communion, we especially ask that you arrive early, and in keeping with our Guru's instructions, not enter after the meditation has started, as this may disturb others. The front door will be locked at 11.00 am and the doorbell will be disabled. Please bring a fruit offering and a donation. You may also like to bring a warm wrap, blanket, or cushion. There will be an intermission at approximately 2.00 pm. As a general rule, in order to preserve the depth of peace in the meditation, no one should come for the second half who has not already attended the first period of meditation.

In preparation, eat lightly (or not at all if you prefer) before coming to the meditation but do not bring food of any kind (except the fruit offering).

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
October	Sunday 14 th	12.30 pm – 3.30 pm	Long Meditation
	Saturday 27 th	10.30am – 3.30 pm	Kirtan (Chanting) service
December	Saturday 15 th	10.00 am – 6.00 pm	Christmas Meditation
	Tuesday 25 th	7.00 pm – 9.00 pm	Service Cancelled
	Monday 31 st	10.30 pm – 12.15am	New Year's Eve Meditation

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)
October 7 th (Lesson 55)	12.15 – 1.15 pm	October 21 st	12.15 – 1.15 pm
November 4 th (Lesson 56)	12.15 – 1.15 pm	November 18 th	12.15 – 1.15 pm
December 2 nd (Lesson 57)	12.15 – 1.15 pm	December 9 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. If you are coming for the first time please contact us beforehand so we have your details and information about any allergies, food intolerances or health problems. For the Young Adults group, please contact us on 07833 622031 or youngadults@srf-london.org.uk

Young Adults Group	Time (Sunday)	Sunday School	Time (Sunday)	Family Service	Time (Sunday)
October 7 th	12.15 – 1.30 pm	October 28 th	10.55 – 11.55 am	October 28 th	12.05 – 12.25 pm
November 4 th	12.15 – 1.30 pm	November 25 th	10.55 – 11.55 am	-	-
December 2 nd	12.15 – 1.30 pm	December 16 th	10.55 – 11.55 am	December 16 th	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/join-us/become-volunteer>. If you have any queries, please do not hesitate to contact the volunteer coordinator at volunteers@srf-london.org.uk

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 (or 3pm for Christmas Social)
October 11 th	October 28 th
November 8 th	November 25 th
December 6 th	December 16 th (Christmas Social with lucky dip presents)

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 th November	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	To Book	Queries	Prices (p/p)	Booking opens
Friday 30 th Nov to Sunday 2 nd Dec	Charney Manor, Wantage, Oxfordshire.	www.srf-london.org.uk/retreats/	weekendretreat@srf-london.org.uk	£212	3 rd Sept

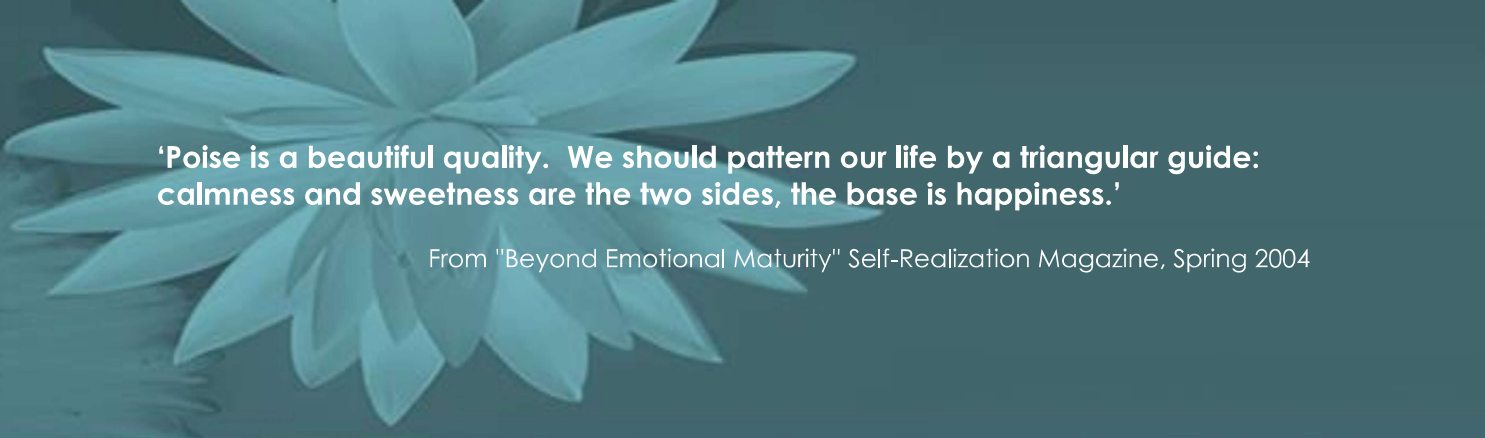
ACCESS TO THE LONDON CENTRE FOR DISABLED PEOPLE

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



'Poise is a beautiful quality. We should pattern our life by a triangular guide: calmness and sweetness are the two sides, the base is happiness.'

From "Beyond Emotional Maturity" Self-Realization Magazine, Spring 2004