

# Quarterly Newsletter October to December 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**

### **SRF ANNOUNCES NEW PRESIDENT**

The Self-Realization Fellowship Board of Directors is happy to share with you the news that Brother Chidananda has been elected president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India (SRF/YSS), succeeding Sri Mrinalini Mata, who served in this position from January 2011 until her passing last month. His appointment was made by a unanimous vote by the SRF Board of Directors on Wednesday, August 30, 2017.

[Source: [http://www.yogananda-srf.org/NewsArchive/2017/SRF\\_Announces\\_New\\_President.aspx](http://www.yogananda-srf.org/NewsArchive/2017/SRF_Announces_New_President.aspx), Sept 1, 2017]

### **ALL DAY CHRISTMAS MEDITATION**

This will be held on Saturday December 16<sup>th</sup>. 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 door will be closed 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.

### **MONASTIC VISIT: MAY 2018**

A monastic visit with Kriya initiation is scheduled for 11-13 May 2018. Details will be communicated via the London Centre website in due course (via the home tab).

## **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	Saturday 7 <sup>th</sup>	1.00 pm – 6.00 pm	Long Meditation
December	Saturday 16 <sup>th</sup>	10.00 am – 6.00 pm	Christmas Meditation
	Sunday 31 <sup>st</sup>	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.

SRF Lessons	Time (Sunday)	Gita Readings	Time (Sunday)
October 1 <sup>st</sup>	12.15 – 1.15 pm	October 15 <sup>th</sup>	12.15 – 1.15 pm
November 5 <sup>th</sup>	12.15 – 1.15 pm	November 19 <sup>th</sup>	12.15 – 1.15 pm
December 3 <sup>rd</sup>	12.15 – 1.15 pm	December 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)
October 1 <sup>st</sup> and 15 <sup>th</sup>	12.15 – 1.30 pm	October 29 <sup>th</sup>	10.55 – 11.55 am	October 29 <sup>th</sup>	12.05 – 12.25 pm
November 5 <sup>th</sup> & 19 <sup>th</sup>	12.15 – 1.30 pm	November 26 <sup>th</sup>	10.55 – 11.55 am	-	-
December 10 <sup>th</sup>	12.15 – 1.30 pm	December 17 <sup>th</sup>	10.55 – 11.55 am	December 17 <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:

<b>Thursdays at 8.40pm – 10.00pm</b>	<b>Sundays at 12.30pm – 2.00pm</b>
October 12 <sup>th</sup>	October 29 <sup>th</sup>
November 9 <sup>th</sup>	November 26 <sup>th</sup>
December 7 <sup>th</sup>	December 17 <sup>th</sup> <b>with lucky dip presents</b>

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 12 <sup>th</sup> November	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**

<b>Date(s)</b>	<b>Venue</b>	<b>Booking Contact</b>	<b>Email</b>	<b>Prices (p/p)</b>	<b>Booking opens</b>
Friday 1 <sup>st</sup> to Sunday 3 <sup>rd</sup> December	Charney Manor, Wantage, Oxfordshire.	Jane Parsons	<a href="mailto:weekendretreat@srf-london.org.uk">weekendretreat@srf-london.org.uk</a>	Veg. diet: £202, Special Diet: £218	12 <sup>th</sup> Sept

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).

"The more we meditate deeply and live by Christ-principles, the more we will find the fetters of maya and ego dissolving in the glorious, all-fulfilling reality of God's presence. As we resurrect ourselves into that consciousness, and the divine love Jesus expressed flows increasingly through our lives, each of us does our part in resurrecting the influences of God's light in this world!"

—Sri Mrinalini Mata, 2017 Easter Message, [www.yogananda-srf.org](http://www.yogananda-srf.org)