

London Centre of Self-Realization Fellowship

Newsletter June – December 2008

"Self-Realization Fellowship signifies fellowship with God through self-realization and friendship with all truth-seeking souls": Paramahansa Yogananda

Dear Friends,

Warmest greetings from the London Centre. Once more we bring you details of our programme of special services, retreats, and other spiritual gatherings. We look forward to meeting with many of you as you join us in the centre's activities at 82A Chiltern Street, London W1U 5AQ.

SPECIAL SERVICES

Regular service details are available at the London Centre website (www.srf-london.org.uk) so we simply list in this newsletter services held in addition to the regular ones. For each of the services, we ask that you please plan to arrive early in order not to disturb those quietly meditating, and for the commemorations you are also invited to bring devotional offerings of a flower and a donation (in an envelope).

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|-----------|----------------------------|-------------------|------------------------------|
| June | Sunday 14 th | 1.00pm - 6.00pm | Long Meditation |
| July | Sunday 13 th | 1.15pm - 4.15pm | Long Meditation |
| | Friday 25 th | 7.00pm - 8.45pm | Mahavatar Babaji Day |
| August | Sunday 24 th | 11.00am - 12.45pm | Janmashtami |
| September | Sunday 14 th | 1.15pm - 4.15pm | Long Meditation |
| | Friday 26 th | 7.00pm - 8.45pm | Lahiri Mahasaya Mahasamadhi |
| | Tuesday 30 th | 7.00pm - 8.45pm | Lahiri Mahasaya Birthday |
| October | Saturday 11 th | 9.00am - 2.00pm | Long Meditation |
| November | Sunday 9 th | 1.15pm - 4.15pm | Long Meditation |
| December | Saturday 6 th | 1.00pm - 6.00pm | Long Meditation |
| | Saturday 20 th | 10.00am - 6.00pm | All-Day Christmas Meditation |
| | Wednesday 31 st | 10.30pm - 12.15am | New Year's Eve Meditation |

ALL-DAY CHRISTMAS MEDITATION

This will be held on Saturday 20th December. 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. 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 2.00pm. 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.

SUNDAY SCHOOL AND TEENS GROUP MEETINGS

The London centre is steadily working towards restarting the Teens and Sunday School. There are still a number of legal requirements, which we need to meet before we can commence but we expect to start sometime next year. Because of the delay please will all interested parents re-confirm or express any interest by contacting Rupal Kantaria (rupal.kantaria@oliverwyman.com or 07866 427 867) for the Sunday School or Simon Kondal for the Teens group (simonkondal@yahoo.co.uk or 01 628 778 785). If you would like to volunteer to help and have not already done so please also contact Rupal or Simon.

ARCHITECTS PRESENTATION TO MEMBERS

On Sunday, June 22 at 2.00 pm, BCH Architects will be making a presentation to members of development options for the London Centre. In addition, there will be a discussion on whether or not to retain the organ, which may be followed by a vote. Background information on the organ considerations will be made available well in advance.

VOLUNTEERS

The London Centre is always grateful for volunteers to assist in running the Centre. If you would like to offer your services please kindly contact volunteer co-ordinators, Simon Kondal on Tel: 01628 778785, Email: simonkondal@yahoo.co.uk, or Katharina Landbrecht on Tel: 07853 220161, Email: klandbrecht@gmail.com.

MONASTIC VISIT OCTOBER 3RD TO 5TH

We are happy to announce that two Self-Realization Fellowship monastic disciples will be visiting the London Centre to meet with members and friends of Paramahansa Yogananda's spiritual family. There will be inspirational programmes, meditation classes, and a Kriya Yoga initiation.

Further information and the full programme may be found on the London Centre website at (www.srf-london.org.uk), by sending an e-mail to tourinfo@srf-london.org.uk, or by telephoning 020 8979 3498, 020 8509 3681 or 01628 778785.

SOCIAL GATHERINGS

We have occasional socials after Thursday evening and Sunday morning services. You are warmly invited to join with us on the following days:

| Thursdays | Sundays |
|----------------------------|----------------------------|
| June 19 th | June 29 th |
| July 24 th | July 27 th |
| September 25 th | September 28 th |
| October 23 rd | October - no social |
| November 27 th | November 30 th |
| December 18 th | December 21 st |

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

RETREATS

One-Day Retreats:

| Date(s) | Venue | Contact Name | Tel/Email |
|---------------------------------|------------------|----------------|--|
| Sunday June 1 st | Aynho, Nr Oxford | Rowena Jackson | 07889 693963, or 01869 810230 |
| Sunday August 10 th | Chiltern Street | Brenda Deller | 01189 476946 or |
| Sunday October 26 th | Chiltern Street | Brenda Deller | brenda.deller@ntlworld.com |

Please bring an individual packed lunch to the one-day retreats. There will be a shared tea at the close and if you would like to contribute, please contact the organiser.

Weekend Retreats:

| Date(s) | Venue | Contact Name | Tel/Email | Booking Deadline |
|--|---------------------------|-------------------------------|--|---------------------------|
| Friday to Sunday Sept 5 th – 7 th | Cold Ash, Nr Newbury | Mrs Theresiu Janicki-Hardy | 02392 631019 theresiu@homecall.co.uk | August 18 th |
| Friday to Monday Dec 5 th – 8 th | Tekels Park, Camberley | Mrs Theresiu Janicki-Hardy | 02392 631019 theresiu@homecall.co.uk | November 14 th |

Other Retreats held in Cheshire are also available – for details please contact Jamie Anderson on Tel: 01460 220406, or Email: james@anderson48.orangehome.co.uk.

LONDON CENTRE MAILING LIST

To have your postal and/or email addresses added to our mailing list, please send your details to: Bill and Brenda Deller, Tel: 01189 476946, or Email: bandb.deller@ntlworld.com. We shall then be able to send you a twice-yearly copy of the Newsletter, as well as other important announcements. Sending newsletters by email is quicker for you and more economical for us, but please be sure to include your postal address as backup. A number of emails are returned to us, so please make sure that your email and postal addresses are up-to-date.

SRF MEDITATION CIRCLES IN THE UK

There are Meditation Circles in or near Bath, Birmingham, Cambridge, Crewe & Nantwich, Edinburgh, Essex, Hampshire, Hove, Leeds, Loughborough, Manchester, North London, North Wales, Reading, Surrey and Wakefield. There are also meditation circles in Ireland: Dublin, Dundalk. If you would like details for these groups, please contact Jane Ingram, Tel: 01245 222018, Email: jeanneingram@btopenworld.com or Ian Kendall, Tel: 020 8979 3498, Email: ian.kendall@talk21.com.

“Constantly, inwardly, talk to Him: then He cannot remain away from you.”

Paramahansa Yogananda