

# London Centre of Self-Realization Fellowship

## Quarterly Newsletter April to June 2019

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](http://www.srf-london.org.uk). This newsletter is also available on the website within the "Newsletter" link on the home page.

### **SPECIAL ANNOUNCEMENTS**

- The following training events are scheduled in this period;
  - Service Reader's Workshop & Meeting on Sunday 12<sup>th</sup> May from 1.30pm until 3.30pm
  - General Health and Safety on Sunday 23<sup>rd</sup> June from 12.30pm until 2.30pm

### **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	Sunday 7 <sup>th</sup>	12.30 pm – 3.30 pm	Long Meditation
	Friday 19 <sup>th</sup>	12.00 pm – 3.00pm	Good Friday Service
	Sunday 21 <sup>st</sup>	8.15am – 9.15am	Easter Sunrise Service
May	Friday 10 <sup>th</sup>	7.00 pm – 8.45 pm	Birthday of Swami Sri Yukteswar (1855)
	Saturday 18 <sup>th</sup>	1.00 pm – 6.00 pm	Long Meditation
June	Saturday 22 <sup>nd</sup>	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 7 <sup>th</sup> (Lesson No. 61)	12.15 – 1.15 pm	April 14 <sup>th</sup>	12.15 – 1.15 pm
May 5 <sup>th</sup> (Lesson No. 1 – New)	12.15 – 1.15 pm	May 19 <sup>th</sup>	12.15 – 1.15 pm
June 2 <sup>nd</sup> (Lesson No. 1 – New)	12.15 – 1.15 pm	June 16 <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 077 3138 2815 or [sundayschool@srf-london.org.uk](mailto: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 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)
April 7 <sup>th</sup>	12.15 – 1.30 pm	April 28 <sup>th</sup>	10.55 – 11.55 am	-	-
May 5 <sup>th</sup>	12.15 – 1.30 pm	May 19 <sup>th</sup>	10.55 – 11.55 am	-	-
June 2 <sup>nd</sup>	12.15 – 1.30 pm	June 30 <sup>th</sup>	10.55 – 11.55 am	June 30 <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:

<https://www.srf-london.org.uk/join-us/>. 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)

## **SOCIAL GATHERINGS**

You are warmly invited to join with us for social gatherings on the following days:

<b>Thursdays at 8.40pm – 9.40pm</b>	<b>Sundays at 12.30pm – 2.00pm (*see exception below)</b>
April 11 <sup>th</sup>	April 28 <sup>th</sup>
May 9 <sup>th</sup>	May 26 <sup>th</sup> – India Day (*12.30pm – 3.00pm)
June 13 <sup>th</sup>	June 30 <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):**

<b>Date(s)</b>	<b>Venue</b>	<b>Contact Name</b>	<b>Tel/Email</b>
Sunday 9 <sup>th</sup> June	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>To Book</b>	<b>Queries</b>	<b>Prices (p/p)</b>	<b>Booking opens</b>
Friday 14 <sup>th</sup> until Sunday 16 <sup>th</sup> June	Charney Manor, Wantage. OX12 0EJ	<a href="http://www.srf-london.org.uk/retreats/">www.srf-london.org.uk/retreats/</a>	<a href="mailto:weekendretreat@srf-london.org.uk">weekendretreat@srf-london.org.uk</a>	£212	26 <sup>th</sup> March

## **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 join our e-mailing list, please provide your details at the following link <https://www.srf-london.org.uk/join-us/mailling-list>. To receive the newsletter by post please send your request to: London Centre, 82A Chiltern Street, London W1U 5AQ.

This newsletter and other information are also available on the Centre website: [www.srf-london.org.uk](http://www.srf-london.org.uk)

'God wants us to give friendship and love to all, but we must perfect it in at least one relationship. A disciple means one in whom the guru perfects the state of divine friendship'

Quote from 'Man's Eternal Quest. Reincarnation; The Soul's Journey to Perfection'.