

London Centre of Self-Realization Fellowship

Quarterly Newsletter January to March 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. This newsletter is also available on the website within the "Newsletter" link on the home page.

SPECIAL ANNOUNCEMENTS

- All branch members are requested to attend the Annual Elections and General Meeting on Sunday 20th January from 12.30pm until 2.30pm after the morning service.
- The following youth training events are scheduled in this period;
 - A Youth Protection training event on 27th January from 1.00pm until 5.00pm.
 - Safeguarding training day with DVD on 17th February 1.15pm until 2.30pm.
 - Sunday School training day and volunteers meeting on Sunday 24th February from 1.00pm-2.30pm. These are for Sunday school volunteers but if anyone else is interested in attending please contact Jennie Hill on 0208 952 6373.
- A greeters' meeting and social have been scheduled for Sunday 24th March from 12.30pm until 3.00pm.

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
January	Saturday 5 th	7.00 pm – 8.45 pm	Commemoration: Birthday of Paramahansa Yogananda
	Saturday 12 th	10.00 am – 4.00 pm	Paramahansa Yogananda Commemorative Meditation
	Thursday 31 st	7.00 pm – 8.30 pm	Meditation for Daya Mata's Birthday
February	Saturday 2 nd	10.30 am – 3.30 pm	Kirtan
March	Thursday 7 th	7.00 pm – 8.45 pm	Mahasamadhi of Paramahansa Yogananda
	Saturday 9 th	7.00 pm – 8.45 pm	Mahasamadhi of Swami Sri Yukteswar
	Saturday 16 th	10.00 am – 3.00 pm	Long Meditation*

*timing of long meditations has changed from original timing of 9.00am – 2.00pm

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)
January 6 th (Lesson No. 58)	12.15 – 1.15 pm	January 13 th	12.15 – 1.15 pm
February 3 rd (Lesson No. 59)	12.15 – 1.15 pm	February 17 th	12.15 – 1.15 pm
March 3 rd (Lesson No. 60)	12.15 – 1.15 pm	March 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. 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.

Young Adults Group	Time (Sunday)	Sunday School	Time (Sunday)	Family Service	Time (Sunday)
January 6 th	12.15 – 1.30 pm	January 27 th	10.55 – 11.55 am	-	-
February 3 rd	12.15 – 1.30 pm	February 24 th	10.55 – 11.55 am	-	-
March 3 rd	12.15 – 1.30 pm	March 24 th	10.55 – 11.55 am	March 24 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
January 10 th	January 27 th
February 14 th	February 24 th
March 14 th	March 31 st

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 February	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 29 th to Sunday 31 st March / 1 st April	Wychcroft Retreat Centre, Bletchingly, Surrey, RH1 4NE	www.srf-london.org.uk/retreats/	weekendretreat@srf-london.org.uk	2 days £144 3 days £216	8 th Jan

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

‘Trust more in God.
Believe that He who created you will maintain you.’

From “Sayings of Paramahansa Yogananda”