

London Centre of Self-Realization Fellowship

Newsletter December 2009 - June 2010

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

Dear Friends,

Warmest greetings from the London Centre. With this newsletter we bring you details of our programme of special services, retreats, and other spiritual gatherings for the coming six 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.

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).

December	Saturday 5 th	9.00 am - 2.00 pm	Long Meditation
	Saturday 19 th	10.00 am - 6.00 pm	All-Day Christmas Meditation
	Thursday 31 st	9.30 pm - 12.30 am	New Year's Eve Meditation
January 2010	Tuesday 5 th	7.00 pm - 8.45 pm	Paramahansa Yogananda Birthday
	Saturday 9 th	10.00 am - 4.00 pm	Paramahansa Yogananda Commemorative Meditation
	Sunday 17 th	1.15 pm - 4.15 pm	Long Meditation
February	Saturday 13 th	1.00 pm - 6.00 pm	Long Meditation
March	Sunday 7 th	8.30 am - 10.30 am	Paramahansa Yogananda Mahas'dhi
	Tuesday 9 th	7.00 pm - 8.45 pm	Sri Yukteswar Mahasamadhi
	Sunday 14 th	1.15pm - 4.15 pm	Long Meditation
April	Friday 2 nd	12.00 am - 3.00 pm	Good Friday Meditation
	Sunday 4 th	8.40 am - 9.40 am	Easter Sunrise Service
	Saturday 10 th	9.00 am - 2.00 pm	Long Meditation
May	Sunday 9 th	1.15pm - 4.15 pm	Long Meditation
	Monday 10 th	7.00 pm - 8.45 pm	Sri Yukteswar Birthday
June	Saturday 12 th	1.00 pm - 6.00 pm	Long Meditation

ALL-DAY CHRISTMAS MEDITATION

This will be held on Saturday December 19th. 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 2.00 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.

SUNDAY SCHOOL AND TEENS GROUP MEETINGS

The London Centre is still working towards restarting the Sunday School and Teens but cannot yet give a date when this will be in 2010. For further information or if you would like to volunteer to help, please contact the Sunday School Co-ordinator on 020 8952 6373, Email: sundayschool@srf-london.org.uk or Teens Leader on 01628 778785 Email: teens@srf-london.org.uk.

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 the volunteer co-ordinator, Katharina Landbrecht on Tel: 07853 220161, Email: klandbrecht@gmail.com.

ANNUAL ELECTIONS

The elections for the managing council and service readers will be held on Thursday January 21st after the Readings Service. All branch members are encouraged to take part.

MONASTIC VISIT MARCH 5TH TO 7TH 2010

We are pleased to announce that two SRF monastic disciples will be visiting London March 5th – 7th to conduct a weekend programme, including a Kriya Yoga initiation. The programme will be -

Friday March 5 th	7.15 – 8.30 pm	Public lecture
Saturday March 6 th	10.00 am – 12.30 pm	Technique Review Class
	5.30 – 8.30 pm	Kriya Yoga Initiation
Sunday March 7 th	8.30 – 10.30 am	Paramahansa Yogananda Mahas'dhi Commemoration
	11.00 am – 1.00 pm	Kriya Yoga Review Class
	3.00 – 4.30 pm	Closing Programme and Video

SRF MEDITATION CIRCLES IN THE UK

There are Meditation Circles in or near Bath, Birmingham, Cambridge, Crewe & Nantwich, Edinburgh, Essex, Hampshire, Leeds, Loughborough, Manchester, North Wales, Reading, Selkirk, South Somerset, Surrey, Wakefield and Lancing(West Sussex). 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.

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
December 17 th	December 20 th
January 28 th	January 31 st
February 25 th	February 28 th
March 25 th	March 28 th
April 22 nd	April – no social
May 27 th	May 30 th
June 24 th	June 27 th

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 February 7 th	Chiltern Street	Bharathy Prabakaran	07846 598261 or
Sunday April 25 th	Chiltern Street	Bharathy Prabakaran	bharathy.prabakaran@ntlworld.com
Sunday June 20 th	Aynho, nr Banbury	Rowena Jackson	07889 693963 or 01869 810230

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 April 9 th – 11 th	Ladywell Retreat Centre, Godalming	Mrs Theresiu Janicki-Hardy	02392 631019 theresiu@homecall.co.uk	March 19 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

The twice-yearly Newsletter and other information are available at the Centre and are also on the London Centre website at www.srf-london.org.uk. We also send these out to those with email addresses on the London Centre mailing list, or by post to those who cannot go to the Centre and do not have access to a computer. Sending newsletters by email is more economical for us.

To have your email or postal addresses added to our mailing list, please send your details to: Bill and Brenda Deller, Tel: 01189 476946, or Email: bandb.deller@ntlworld.com.

“Learn to be still in body and mind, for where motion ceases, there begins the perception of God.”

Paramahansa Yogananda