



SGSSS NEWSLETTER

MARCH 2018

SRI GURU SINGH SABHA GURDWARA SOUTHALL NEWSLETTER

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NISHAAN SAHIB SEVA

On the 31st of March the Nishan Sahib Seva took place at Park Avenue. Despite the cold and wet weather many members of the Sangat, young and old took part in the Seva in the presence of the Panj Piayare.

Whilst singing Gurbani the Nishaan Sahib was washed and put a new chola put on. Like a Flag of any institution, this Flag symbolizes the presence of the Khalsa and hence is hoisted at every Gurdwara. Guru Har Krishnan Sahib Ji on their travels to Delhi, visited the village today known as Panjkhora Sahib. Delhi was suffering an epidemic of smallpox, so Guru Sahib instructed the Sikhs not to go any further. If they wanted to do darshan of Guru Sahib they should pay their respects to the Nishan Sahib Guru Ji installed there.

GENERAL BODY MEETING

The SGSSS general body meeting, scheduled to be held on the 25th of March did not go ahead as the quorum was not met. 85 members attended, whilst 150 are required per the constitution.

General Body Meeting 2018



Sri Guru Singh Sabha Gurdwara

A summary of the General Secretary's report can be found on the Gurdwara Facebook page.

SINGH SAHIB

SGSSS were fortunate to have Singh Sahib Giani Sukhjinder Singh Ji, who undertake the Granthi Seva at Harmandhir Sahib Amritsar, visit Park Avenue Gurdwara. Singh Sahib did katha, and shared their knowledge of Gurbani



The first Granthi Sahib of Harmandhir Sahib was Baba Buddah Ji, today the Singh Sahibs carry on the Seva. Singh Sahib was honored with a Siropa by the Head Granthi of SGSSS.

CALENDAR

With the new Sikh Year starting on the 14th of March, SGSSS released the 550th Nanakshahi calendar dedicated to the 550th Parkash Purab of Sri Guru Nanak Dev Ji.

Prints are available from both Gurdwaras and will be available from the website and Facebook page. The calendar lists all major Gurpurabs, Jor meleh, shaheedi days and other major historical events.



BUCKINGHAM PALACE INVITATION

In recognition of the positive community work SGSSS do in the community, Navraj Singh the Joint Secretary and long term Sevadar was invited to Buckingham Palace to a luncheon with the Queen.

The Gurdwara runs many projects both independently and with other organisations offering a range of services to help humanity. If there is a community project you would like the Gurdwara to support, then please get in touch.



KHALSA BOOT CAMP

SGSSS are launching a new fitness program at Norwood Hall. The circuit training will be led by an experienced and vetted personal trainer. If you want to lose weight, lose fat, reduce your cholesterol and improve your health then come along and bring your friends and family with you.



Starting from the 16th of April. Every Monday 7pm -8pm & Saturday 9am -10am

Sessions will cost £3 each with proceeds reinvested in the program. For more information call 07702 701703.

ALCOHOL RECOVERY

An Akhand Path for those suffering from addiction was held at Park Avenue from the 16th to 18th of March. Gurbani is the healer of all illnesses, along with Sangat. SGSSS in partnership with the First Step Foundation is running support sessions for both the families and those addicted every week.

FINAL ASSAULT

The screening of the Final Assault took place at Havelock Road library.



Final Assault is a fact-driven documentary about the water crisis in Punjab. Policies have been put in place for the past several decades that inhibit Punjab's ability to use its' natural resources for state revenue. Final Assault looks at the bias of the Indian government towards the Punjab state and its' citizens through accounts from former military officers, historians, and professors. A new screen has been installed in the library that will facilitate more film showings and lectures in the future.

SAVE THE ASIAN ELEPHANT

Duncan Mcnair CEO of Save the Asian Elephant (STAE) visited Havelock Road Gurdwara along with our local GLA Member Onkar Singh Sahota.



STAE works to end the terrible cruelty and brutal conditions suffered by this wondrous and ancient

species. During the visit, Harmmeet Singh (General Secretary of SGSSS) shared the message of Sikhi when it comes to animal welfare. The Sikh Guru's enlightened the world with the message Vaheguru, preaching peace, tolerance and respect. Central to this theme is looking after the creation and all the beings within it. "Show kindness and mercy to all beings and realise that the Lord is pervading everywhere; this is the way of life of the enlightened soul" Guru Arjan Dev Ji.

For more information visit www.stae.org.

COMMUNITY GARDEN PROJECT

Mael Geal will relaunch the gardening project at Norwood Hall this year. If you are interested in gardening, they are looking for volunteers to help with the very large plot. Every Mondays from 10.30 to 11.30 am health and nutrition sessions take place. An opportunity to make new friends and discuss health matters.

GURBANI MP3 PLAYERS



Escape the Stresses of Day to Day Life Listen to over 400 hours of Blissful Gurbani on your very own Gurbani MP3 Player now available from the Park Avenue Office for £25. Only a limited number are available, and include Nitnem Baniya, Kirtan, Katha, Sehaj Path, Dhadi Varaan and Kavishri.

UPCOMING EVENTS

- Duke of Edinburgh accreditation
- Exhibition celebrating the Sikh Raj
- SGSSS Intellectual series
- Army residential camp



STAY UPDATED

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