



SGSSS NEWSLETTER

JUNE 2018

SRI GURU SINGH SABHA GURDWARA SOUTHALL NEWSLETTER

ISSUE NUMBER 09

SARDAR

SURJIT SINGH BILGA

The Sabha lost one of its dearest and dedicated Sevadars. Sardar Surjit Singh Bilga was one of the founding Trustees of what we now know as Sri Guru Singh Sabha Southall. He helped establish the modern day Gurdwaras we have at Park Avenue and Havelock Road. Bhai Sahib was also heavily involved in helping a number of immigrating families settle to the area in the 50's/60's. The funeral was held on the 30th of June. A kirtan program is being held on the 15th of July in Sardar Surjit Singh's memory at Park Avenue Gurdwara from 7.30pm onwards. He will be hugely missed by the Sangat and his Seva and contribution will be remembered forever.

SHAHEEDI SAMAGAM & 1984

In remembrance of the shaheedi of Sri Guru Arjan Dev Ji and the Shaheeds of 1984 an Akhand Paath and smagam was held at Havelock Road Gurdwara. Various Raagis, Dhadis, Katha Vachaks & Kavishari Jathe attended including the Mukh Katha Vachak from Sri Hazoor Sahib, Giani Jangbir Singh Ji. Talks were held in English by the NSYF on the topic of "Patshaahi".

The Sabha also organised several coaches for the Sangat to attend the 1984 remembrance rally in London from Park Avenue Gurdwara.



Sevadars took langar for the thousands of Sangta who attended from across the country. Parnaam Shaheedi Nu.



An exhibition on the history of key events leading up to June 1984 was organised for the sangat during the smagam.

LANGAR IMPROVEMENT

Park Avenue Gurdwara Langar improved its food and hygiene rating from 3 stars to 4 following a recent inspection by Ealing Council. Sevadars had worked very hard to improve the standards and welcomed the investment in training and equipment. We encourage all to do seva in the Langar, but at all times be mindful of hygiene rules and health and safety. Details are posted on

notice boards around the Langar. Sevadars are continuing to work to raise standards further and with Guru Sahibs Kirpa achieve 5 stars.

Park Avenue langar serves several thousand meals a day, it's in operation nearly 24 hours a day, the food preparation, cooking, serving and cleaning is performed by the loyal, dedicated and humble sevadars. If anyone ever has a comment or suggestion visit the office or email info@sgsss.org.

Its our Gurdwara and we can only improve it together.



COINS OF THE SIKH RAJ EXHIBITION

To celebrate the Avtar Purab of Sri Guru Hargobind Sahib Ji Maharaaj and Shaheedi Diwas of Baba Banda Singh Bahadhur Sri Guru Singh Sabha unveiled a new exhibition on Friday 29th June 2018. The Exhibition took place in the library at Havelock Road Gurdwara showcasing rare Sikh coins minted by the Sikh Misls and during the rule of Sher-e-Panjab Maharaja Ranjit Singh. The coins will be on permanent display along with a detailed information board highlighting the Sikh Raj. The aim is to grow the Gurdwaras

collection over time so our future generations can learn about our great history, and we can preserve the treasures of the Panth.



The exhibition was put together by the NSYF, with a special talk given by Bhai Bachittar Singh.

SGSSS LICENSE FOR DUKE OF EDINBURGH AWARD



SGSSS are proud to announce we have been awarded the license to provide the Duke Of Edinburgh's Award. This is a great opportunity for children and young adults to develop their personal skills, team working ability and confidence in the outdoor environment and local community. We at SGSSS help support the volunteering aspect of the Award so if there are any members of the sangat who are interested in becoming a volunteer or taking part in the scheme please email doe@sgsss.org. Details of the course and its start dates will be advertised to the sangat in due course.

SIKH CHAPLAINCY COURSE

Sikh Sewak Chaplaincy service in conjunction with Sri Guru Singh Sabha Southall, delivered a series of training sessions to equip the SGSSS Social Welfare



subcommittees team and volunteers to become healthcare chaplains in caring and

supporting those in need of us at the most vulnerable time in their life.

The two day training session covered What is a Sikh Chaplain, How to become a Volunteer chaplain, focusing on specific subjects such as Grief and loss, spiritual health care, introduction to counselling and reflective care.



DIABETES SCREENING

Diabetes is a long term condition which can be managed, however if left untreated it can lead to many complications such as blindness, kidney problems, heart diseases and other life altering conditions. SGSSS alongside the London North West Healthcare NHS Trust (Diabetes Integrated Care Ealing) hosted a diabetes screening day at Park Avenue. This was a great opportunity for the sangat to assess their blood pressure, sugar levels waist checks and weight checks. We had a great response and useful information was shared about how to detect and manage



the conditions.

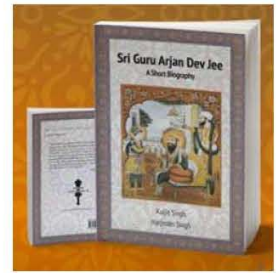
GROOMING AWARENESS



On Friday 29th June 2018 the SAS (Sikh Awareness Society) presented a talk on the dangers of Sexual Grooming. The talk was attended by children and parents at SGSSS Havelock Road and covered Prevention, Grooming indicators and tackling issues by supporting the youth and strengthening families. SGSSS has been working closely with the SAS, with some interesting projects lined up and coming your way over the next few months, stay updated through our social media.

SRI GURU ARJAN DEV JI

On Saturday 30th June 2018 Akaal Publishers presented a talk on the Shaheedi of Sri Guru Arjan Dev Ji alongside the official book launch of 'Sri Guru Arjan Dev Ji, A Short Biography'. The talk covered Sri Guru Arjan Dev Ji's contributions, inspirational events and the lead up to their shaheedi.



UPCOMING EVENTS

- 8th July 2018 Anand Karaj Course
- 9th July 2018 Shaheedi Bhai Mani Singh Ji
- 16th July 2018 Shaheedi Bhai Taru Singh Ji
- Children's Sikhi Camp
- Duke of Edinburgh Award details

STAY UPDATED

FB: Sri Guru Singh Sabha Southall

Website: www.sgsss.org

Instagram: [sgsssouthall](https://www.instagram.com/sgsssouthall)

Twitter: [@sgsssouthall](https://twitter.com/sgsssouthall)

App (Android & Apple): SGSSS

Email: info@sgsss.org

President: Gurmail Singh Malhi

General Secretary: Harmeet Singh Gill



June 2018 Income: £168.6k

Detailed accounts are published on the notice boards in both Gurdwaras.