

Sri Guru Singh Sabha Southall NEWSLETTER

January
2022



GURDWARA LOAN FULLY PAID OFF!

With the support of the Sangat, we have been able to repay all the Gurdwaras loans 11 years early. We had borrowed £2.5m to purchase all the lands around Park Avenue Gurdwara (including the site next door and the existing car park owned by Network Rail and leased to the Gurdwara. In less than four years, all the amounts have been paid off. Now that the loan has been repaid, we will invest even more in the Gurdwara's projects. You can read more about them in this newsletter. Full financials are detailed on Page 6.

GURPURAB OF SRI GURU GOBIND SINGH JI

In January we celebrated the Gurburab of Sri Guru Gobind Singh Ji. Zafarnama Katha took place all week and kirtan Smagams were a ended by Singh Sahib Giani Harpal Singh Ji, Bhai Sandeep Singh Ji, Hazoori Ragi Sachkhand Sri Harmandir Sahib and Bhai Satninder Singh Ji Bodal.

Zafarnama is the Epistle of Victory letter sent by Sri Guru Gobind Singh in 1705 to the Mughal Emperor of India, Aurangzeb, after the Battle of Chamkaur

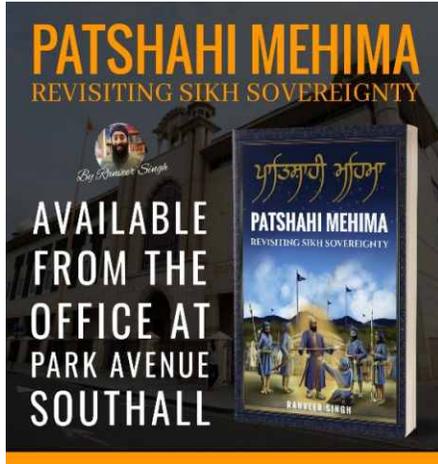


PARKASH OF BABA DEEP SINGH JI

The Panth celebrated the Parkash of Baba Deep Singh Ji on 27 January in memory of the legendary Baba Deep Singh Ji. We all see Baba Ji in pictures with a sword in one hand and his head in the other. Baba Deep Singh Ji's final battle defies all understanding and reason, they epitomised the teaching of Guru Nanak Dev Ji: "If you desire to play this game of love with Me, then step onto My Path with your head in hand." Ang 1410. A mahan smagam was held at Havelock Road Gurdwara.

GREGORIAN NEW YEARS

2021 finished with thousands of Sangta marking the start of the Gregorian new year at both Park Avenue and Havelock Road Gurdwara. We will be celebrating the Sikh New Year in March, details in the upcoming events section. Thank you to all the sevadars who helped throughout the evening.



PATSHAHI MEHIMA - REVISITING SIKH SOVEREIGNTY BOOK LAUNCH

This book revisits the revolutionary rise of the Sikh Panth covering over 550 years of history. Ranveer Singh presents how the Gurū Sāhibān proactively created new paradigms of existence that offered a liberating alternative to the clutches of totalitarian and oppressive power structures built and tied to haumai. Ranveer presents how the doctrine of Sikh sovereignty was integral to this process, allowing the praxis of Gurmat to exist independently through the standing of Gurū's Darbār, and the manifestations of Sikh Rāj that followed. Do come and buy a copy from the Park Avenue Gurdwara Office.

KEEPING HOMELESS FAMILIES IN MIND

It's a custom that families donate blankets and pillows to the Gurdwara, especially upon the passing away of a loved one. We have begun donating these excess items to those in need, including a local homeless charity [@hopeforsouthall](https://www.hopeforsouthall.org). This charity helps run homeless shelters in Southall. The shelter plays a crucial role in combining accommodation, meals and washing facilities on-site with immediate access to health and addiction services and treatment.



MENTAL HEALTH DISCUSSIONS

Mental health means many different things to different people. Going through challenging times is tough, and going through them alone is even tougher and can sometimes be so difficult! So, on 15 January 2022, Singh Sabha hosted eye-opening discussions on what mental health is, how it affects others and us, what Sikhi says about mental health and much more. The discussions were run by various youth organisations.

DEALING WITH DEMENTIA

The Dementia Support group commenced on Tuesday, 25 January 2022. The first session took place at Havelock Road Gurdwara. It is run to provide support to those who have been diagnosed with Dementia. Carers and people with Dementia ended the first session. Specialists will be at hand, working on movement and cognitive skills, and there will be presentations and discussions for carers too. The next event will take place on 8 February from 11.30am to 1pm at Havelock Road Gurdwara.

LADIES PHYSICAL & MENTAL WELLBEING CLASSES

Ladies come and join our wellbeing classes every Monday from 10.30 am – 12 pm in the Giani Ditt Singh Hall (next to Park Avenue Gurdwara). Do a lateral test, wear your facemask and bring with you your yoga mats, small cushion, blanket, shawl and a bottle of water with you. We will do yoga, meditation, talk about loss, depression, anxiety, insomnia, grief, anger, mindfulness, rage, loneliness, addiction and expectations in our safe space. To learn more, please email anandproject@sgsss.org.

WOMEN'S WELLNESS WEDNESDAYS

Women's Wellness Wednesdays will be held twice a month at Giani Ditt Singh Hall, Park Avenue. The aim is to create a safe and sacred space in which like-minded women can come together and support one another with mental health, physical & emotional well being. Every fortnight, experts will speak on essential topics such as the power of Shabad Guru, Meditation, yoga, functional nutrition, food as medicine, terminal illness, mental health and much more. To participate, Sangat members will have to register in advance and make a booking online. Please contact: info@saharhsisterhood.com.

ANAND KARAJ COURSE

Sikh couples form an equal partnership in marriage, uniting each other's souls. Learn what the Anand Karaj 'Ceremony of Bliss' and Lavan mean. Come and learn the Gurmat perspective of marriage in Sikhi regardless if you are married, about to get married or looking to get married. Sign up via: www.sgsss.org/anandkaraj/

UCAS PERSONAL STATEMENT CLINIC

Havelock Road Gurdwara hosted a UCAS personal statement clinic at the end of December. Students struggling with their personal statements could speak to experienced university officers and get theirs reviewed. The Participation and Outreach team from St Mary's University were on site to help the students with their ideas, questions and other concerns. In mid-Feb we will be hosting a session for students and parents who need help picking their GCSE's and choosing between college and Sixth Form.

SANGAT REMEMBERS PANTHIC HASTIS

An Akhand Path Sahib and Smagam will be held on the 28th to 30th of Jan to remember the Jeevans of: Sant Baba Karam Singh Ji Hotimardan, Sant Baba Attar Singh Ji Reru Sahib, Sant Baba Attar Singh Ji Mastuana Sahib, Sant Baba Jawala Singh Ji Harkowal at Park Avenue Gurdwara.





OUR SEVADARS ON ITV NEWS

ITV lunchtime national news reported on the Sevadars of Park Avenue Gurdwara. Harmeet Singh Gill, General Secretary, said, "ITV showed the Sevadars at work helping make the Langar which serves diverse people all day and night. We could not do this without the Sangats donations and Sevadars commitment. Thanks for all the amazing Seva you all do."

DO A DIFFERENT KIND OF SEVA BY DONATING YOUR ORGANS

The decision to be an organ donor may seem easy for some, whilst for others, the choice is much harder. Some fear that a doctor may not work as hard to save them because he/she wants their organs for other patients or that their organs might be removed prematurely, which are mere myths. There may also be a psychological cost of having to think about your own death at a time when you are still relatively healthy. Other people may simply not want to bother with a project that doesn't directly benefit them. Organ donation is a form of Seva and it is a great opportunity to help others and maybe even yourself. Receiving an organ can become a life-changing event, it can also help families work through the grieving process and deal with their loss by knowing their loved one helped save someone else's life. For further information or to register, please visit www.sgsss.org/project550/.



SANGAT'S SAFETY

Our Sangat's safety is always at the forefront of everything that we do. We continue to encourage our Sangat to wear face masks to help prevent the spread of the COVID-19 virus and to keep each other safe.



SIKH NEURODIVERSITY NETWORK

The Gurdwara and the SHRG created an opportunity for those with lifelong neurodiverse characteristics (SEN) and those who are close to them to discuss how the Gurdwara could be er support them and their families. The afternoon was fun for the children who played instruments, did kirtan and read Gurbani together, played with sensory toys and did colouring whilst their families networked and discussed ways they needed help and how best they can be supported by the network. Early feedback received shows that the event was much needed, and there is an extremely high demand for future events; they all praised the Gurdwara and the network for making this happen. It was warming to see the number of people that took part in this event. The next event will take place on 19 February at Park Avenue Gurdwara. Please register online.

ADULT PUNJABI CLASSES



In January we launched adult Panjabi classes at Park Avenue Gurdwara. We had over 60 people sign up and will look to launch more classes for those on the waiting list. Given the demand we are in the process of starting even more classes. To register your interest, please email us at Panjabi@sgsss.org

KHALSA SCHOOL VISIT

The children of Khalsa Primary School (Norwood Green) visited Havelock Road as part of their studies to learn about the history of Southall. The children had an opportunity to have langar and learn about the history of the Gurdwara.



COMMITTEE VISITS BARKING GURDARA

Singh Sabha Southall Committee visited the new Barking Gurdwara to seek inspiration for the redevelopment of the Park Avenue Site. The project is in the early stages, and extensive consultation will take place with the Sangat in due course.

COMING UP

DEALING WITH DEMENTIA

LIBRARY
Sri Guru Singh Sabha
Guru Nanak Road
Tuesday 8th February
11:30am to 1pm

Weekly conversations & therapy for carers & patients.
Bookings Only: 0799521717
Email: sikh@harsitserhood.com

FEB 2022 HALF TERM INDOORS FOOTBALL CAMP

ATTENTION PARENTS!
DATES: MONDAY 14TH FEB 22 - FRIDAY 18TH FEB 22
TIMES: 4PM - 5.30PM

LOCATION: FEATHERSTONE SPORTS CENTRE, SOUTHALL
W/19 8B33000

CALL OR TEXT GURDEEP VIRK (PIC) ON 077281000 TO BOOK A SPACE!
SESSIONS LED BY FA QUALIFIED COACHES...
7 - 13 YEAR OLDS

AN INITIATIVE BY SRI GURU SINGH SABHA SOUTHALL
WWW.SGSSS.ORG
HARMEET@SGSSS.ORG

AMRIT SANCHAR
ਅੰਮ੍ਰਿਤ ਸੰਚਾਰ
Saturday 5 February - 10am - Park Avenue

Please do Keeti (khean). Kakaars will be available

WWW.SGSSS.ORG

Sanjha Basant
RAAG DARBAR
11TH-13TH FEBRUARY 2022

11TH FEB 2022 6.30PM-7.30PM
GURDWARA SRI GURU SINGH SABHA SOUTHALL,
2-8 PARK AVE, SOUTHALL UB1 3AG

12TH FEB 2022 6.30PM-8.30PM
GURDWARA GURU AMARDAAS JI,
1A CLIFTON RD, SOUTHALL UB2 8GP

13TH FEB 2022 1.00PM-3.00PM
GURDWARA GURU NANAK DARBAR,
65-75 KING ST, SOUTHALL UB2 4DG

4.00PM-6.00PM
GURDWARA SRI GURU SINGH SABHA SOUTHALL,
GURU NANAK ROAD, (HAVELOCK ROAD) UB2 4NP

Bhai Satinder Singh Ji Bodal
Bhai Mohinderji Singh Ji Delhi
Bhai Jeevan Singh Ji

FOR MORE INFORMATION CONTACT:
GURU BALJIT SINGH: 07432 533 886, GURU HARJIT SINGH: 07998 113 976,
HARMEET SINGH: 07986 487 786, GURMEET SINGH: 07949 890 960, NAGARAJ SINGH: 07886 275 997

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- 40 Simran Jaap - 2nd Feb 22
- Amrit Sanchar - 5th Feb 22
- Dealing with Dementia - 8th Feb 22
- Basant Raag Darbar - 11th Feb 22
- Half term football camp - 14th-18th Feb
- Sikh Neurodiversity Event - 19th Feb 22

SIKH NEURODIVERSITY NETWORK

GURDWARA SRI GURU SINGH SABHA SOUTHALL
SEN ENGAGEMENT EVENT
19 FEBRUARY 2022

40 DAY SIMRAN JAAP SAMAGAM
DAILY 6.15PM-7.00PM
STARTING 2 FEB 22

GURDWARA SRI GURU SINGH SABHA SOUTHALL
GURU NANAK ROAD, HAVALOCK ROAD UB2 4NP

FOR KIRTAN SEVA CALL: GURU RAJAM SINGH: 07432 533 886, GURU HARJIT SINGH: 07998 113 976, HARMEET SINGH: 07986 487 786, GURMEET SINGH: 07949 890 960, NAGARAJ SINGH: 07886 275 997

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NHS CENTRE AT NORWOOD



Imperial College
London

NIHR | National Institute
for Health Research



A new health study has been launched at Norwood Hall. South Asia Biobank LOLIPOP Study will collect detailed health and life-style information, and biological samples in c.100,000 South Asians. Participants will be followed up over many years for health outcomes to help gain critical knowledge in tackling health challenges affecting South Asians. The study is funded by the Wellcome Trust, sponsored by Imperial College London, and supported by Sri Guru Singh Sabha Southall. Those of south Asian descent are able to get a free health assessment at Norwood Hall, which will look at life experiences and behaviours, straightforward measurements (eg. height, weight, blood pressure), simple non-invasive tests (eg. ECG, breathing tests, eye photography), and blood tests (eg. glucose, cholesterol). The study will be carried out by doctors, study nurses and trained research assistants. You can register for an appointment by visiting www.sabiobank.org

In the first 12 months:

Number tested: 9,292



Number of NEW cases of high cholesterol: 2,265



Number of NEW cases of high fasting blood sugars: 923



Number of NEW cases with high blood pressure: 1,480



FINANCE UPDATE

Total Income in the year ending 31/12/21: **£3,239m**

Total Expenses in the year ending 31/12/21: **£1,795m**

Operating Surplus: **£1,445m**

Loan repaid in the year: **£1,724m**

You can get the full accounts from the Gurdwara office and a full breakdown of incomes and expenses is displayed at both Havelock Road and Park Avenue.



ਤੋਟਿ ਨ ਆਵੈ ਵਧਦੇ ਜਾਈ ॥੩॥

These resources do not diminish; they continue to increase.

Financial Update 12 Month Period Ending 31/12/21
ਦਸੰਬਰ 2021 ਤੱਕ 12 ਮਹੀਨਿਆਂ ਦਾ ਹਿਸਾਬ ਕਤਾਬ

Income/ਆਮਦਨ: £3.239m

Expenses/ਖਰਚੇ: £1.795m

Surplus/ਬੱਚਤ: £1.445m

Loan Payments/ ਲੋਨ ਭੁਗਤਾਨ: £1.724m



LOAN ALL PAID OFF!

For more information please contact
Treasurer: Jitpal Singh Sahota
General Secretary: Harmeet Singh Gill

1/4



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General Secretary: Harmeet Singh Gill
Harmeet@sgssss.org



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