

# SPA Luton Newsletter

Issue 19  
Spring 2016

lutonspa@gmail.com  
www.spaluton.com  
www.facebook.com/spaluton

## Namaste and Jayshree Krushna

We have been busy since our last newsletter. Sadly, our BBQ had to be cancelled due to bad weather which we had no control over. However the beach trip to Eastbourne was a better success with brighter skies. In the months that have followed we have spent time and effort in raising funds for Charity.

The various Charity/Seva projects we have donated towards are: a HQ initiative we donated funds towards a long term project to aid The Nepal Earthquake. We also joined all branches in helping to raise funds for a house fire in India donating financial support. A number of individuals

took part in various charity walks:

**The 5km Colour Dash** was walked on 19th July and it was a very colourful walk through Wigmore Valley Park.

Several ladies walked the **10 mile Star Walk** around Luton on 12th September both raising funds for Keech Hospice Care.

On 11th October the **10 Bridges walk** around London was completed, raising funds for Diabetics UK.

Finally the **5k Race for Life** walk.

During Navaratri we collected funds from our local community at the Mandir and purchased 8

microphones for the Mandir to use at their events.

On 13th December we put on collector hats and jackets for the fourth year running to help collect funds for Keech Hospice Care with Santa, knocking on doors in the Wardown Crescent area raising over £1000 towards the £37,000 they raised that Christmas.

If you have any ideas, then please contact us either by a phone call, an email or even on our Facebook page.

*Kirtiben B. Mistry*  
(Secretary)

### SPA Luton Branch AGM

On

Sunday 24th April at 3.30pm

Venue

Leicester Arms Pub (Function Room)  
531 Dunstable Road,  
Luton,  
LU4 8QW

Come and support your local branch! Come and have your say!

A new committee will be nominated so if anyone is interested in serving you must attend the A.G.M.

### SPA Luton Membership

Life Membership is £25. | Yearly membership is £2/year.

## Contact

President

Yogeshbhai G Mistry | 01582 583 332

Secretary

Kirtiben B Mistry | 07801 757 311

Youth Leader

Arunbhai A Mistry | 07846 700 508

www.spaluton.com | lutonspa@gmail.com

## Our Samaj Our Future.

Namaste and Jay Shree Krushna to all Gnatibandhus.

The Luton SPA branch has been running with your support for the last 17 years. During that time you all have supported us in one way or another. The funds we collected from you have been used for good Karya (deeds). You have helped by donating to our local charities Keech Hospice, British Heart Foundation, Great Ormond Street Children's unit, Diabetes UK, Water Aid and many others.

In India we donated towards Kutch earthquake disaster, education of the poor Prajapati students, to relieve Prajapati's from unexpected disaster like fire, Mobile eye clinic, water and sanitation facilities for the poor.

On a global level your donations went to Tahiti disaster, Water Aid in Africa, The Tsunami disaster in Sri Lanka and a number of others.

At present we have low activity as we have few young members to lead youth activities. The number of senior people is increasing so it would be nice if we get a feed back of the kind of activities we can organise so that you all can benefit. Please look at our coming events and take note of the dates in your diary.

Please come to our AGM and our future events to enjoy. Thank you for your support.

*Yogesh Mistry.(President)*

## Upcoming Events

16th April  
Youth 'Meet and Greet'

17th April  
Mahila Samelan, Tameside

24th April  
SPA Luton AGM

5th June  
Senior Samelan  
Sports Connexion, Coventry

26th June  
Luton BBQ

24th /31st July  
Beach trip

2nd – 4th September  
Weekend Away

17th / 24th September  
Bhajan Bhojan

26th November  
Dinner and Dance

### Youth Events

We have organised a Youth Meet and Greet event on the 16th April, if you know anyone that is interested please ask them to get in touch with your youth representatives. Our youth leaders have already contacted as many youths as possible directly, so you might need to remind them.

### History of India

For those of you who want to find out about the history of India then listen to: "Incarnations – India in 50 Lives", on BBC Radio 4, also available on BBC iPlayer. Professor Khilnani of Kings College London explores the history and present day India through 50 individuals who have shaped the country and world as we know it today.

### Bhajan Bhojan

Our Bhajan Bhojan program is held during the Shraadh period. Prayers, Bhajan and Kirtan are performed in remembrance of departed souls. You can sponsor Bhojan Prashad, hall hire, Bhajan Mandal costs as Seva, Anjali and get Punya. Please donate, sponsor us. Contact committee members for details.  
Om Namoh Shivaya.

### Senior Samelan

If you are 65 or over then please let us know as you are invited to the Senior Samelan. This year it will be held in Coventry on the 5th June.