

# HOW CAN YOU GET INVOLVED ?



## VOLUNTEER >

Anyone can volunteer. It doesn't matter what your skills, experience or background are, or how much time you have to give. There are service opportunities in London in many different exciting ways and other areas including our charity shop in Rochester which also offers retail work experience placements and Duke of Edinburgh awards.

### More info on how to volunteer ?

For London : [volunteers@iskcon-london.org](mailto:volunteers@iskcon-london.org)

For Rochester : [closetkrishna@aol.com](mailto:closetkrishna@aol.com)

## DONATE >

To give something to Krishna is an extremely elevated activity whether you give some of your time to hear and chant, some of your energy, some of your money or ultimately some of your love. If we give something to Krishna we do not lose anything. In whatever way you give something to Him, He will reciprocate in manifold ways.

## EVERY CONTRIBUTION, LARGE OR SMALL, MAKES A DIFFERENCE.

Making a donation to ISKCON can be done in many different ways :

- > Monetary donation on-line or in person
- > Leaving a legacy in your will
- > Sponsorship of events or programmes
- > Second hand goods to our charity shop
- > Food products for use in cooking \*

If you are a UK tax payer, please ask about Gift Aiding your donation.

\*Any produce donated must be free from meat, fish, eggs, onion, garlic, mushrooms, vinegar, alcohol, caffeine or tobacco.

## WHAT IS ISKCON ?

The Hare Krishna Movement is the popular name for the International Society for Krishna Consciousness (ISKCON). It is a worldwide community of devotees practicing bhakti-yoga, the eternal science of loving service to Lord Krishna (God). The tradition of this movement is rooted in the ancient Vedic texts, especially the famous classic Bhagavad-gita, which contains the essential teachings of Lord Krishna that were spoken 5000 years ago.

## WHO STARTED ISKCON ?

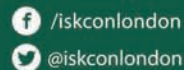
The Society was founded in 1966 by His Divine Grace A. C. Bhaktivedanta Swami Prabhupada (1896-1977), a pure devotee of God representing an unbroken chain of spiritual masters originating with Lord Krishna Himself. It was 1965 when Srila Prabhupada traveled alone from India to New York City to establish the culture of Krishna Consciousness in the Western world. In the course of his lifetime, he single-handedly began a world-wide confederation of over one hundred temples, farm communities and institutes.



### GET IN TOUCH:

#### ISKCON-London

10 Soho Street,  
London W1D 3DL - UK  
020 7437 3662  
[info@iskcon-london.org](mailto:info@iskcon-london.org)  
[www.iskcon-london.org](http://www.iskcon-london.org)



### OR OUR SHOP AT :

#### ISKCON Closet Krishna Charity Shop & Meditation Centre

Registered  
Charity  
Number:  
**1132794**

126 High Street,  
Rochester, Kent ME1 1JT - UK  
01634 817 161  
[closetkrishna@aol.com](mailto:closetkrishna@aol.com)



**THE HARE KRISHNA MOVEMENT**

**ISKCON-LONDON**

International Society for Krishna Consciousness - London



## HOW WE GIVE BACK TO THE COMMUNITY



### FEEDING THE NEEDY >

Our food distribution program, *Food For Life (FFL)*, gives out freshly-made hot vegetarian food weekly, at various locations in London, and daily at our centre. Our FFL branch is part of the *Food For Life Global* charity that combats hunger and crisis relief by serving 2 million free plates a day, internationally. ([www.ffa.org](http://www.ffa.org))

### ADULT EDUCATION COURSES >

We hold regular adult educational courses at our ISKCON-London centre, with an emphasis on moral education and vocational training on specific topics such as healthy-lifestyles, cooking, and music. We also have free daily discourses and taster sessions on philosophy, meditation and yoga open to all.

### COMMUNITY DEVELOPMENT >

Our centre holds annually 10 large public festivals with more than 1,200 participants, and more than 30,000 during our yearly summer Ratha-Yatra procession, at Trafalgar Square. We have daily street processions, where we give away books and invite the public to our centre through lively music and dance. We also annually distribute more than 60,000 books to the public. We are a lifeline for many families, elderly and students in London, to find a quiet place to spend time, connect with others and have a warm meal.

### VOLUNTEERING OPPORTUNITIES >

Volunteers are an integral part of ISKCON-London with more than 300 such volunteers who yearly contribute to the organisation of any events, festivals, courses, cultural showcases and all of our outreach work. Volunteering, or *seva* in Sanskrit, is fundamental to one's emotional and spiritual health, as well as gives a sense of ownership to one's community. Our volunteers are given full access to hands-on work and leadership roles, and are taken care of as individuals in a lively and dynamic environment.

“ THERE IS NEED OF A CLUE AS TO HOW HUMANITY CAN BECOME ONE IN PEACE, FRIENDSHIP AND PROSPERITY WITH A COMMON CAUSE. ”

A. C. Bhaktivedanta Swami Prabhupada

# IMPORTANT CAUSES TO US

### COMMUNITY SELF-SUSTAINABILITY >

Our centres are always looking for ways to find sustainable systems for world and individual ecology. Creating eco-villages and farm communities has been a part of our Founder's mission and is on ISKCON-London's agenda to fulfil. Internationally ISKCON has 65 such sustainable communities.

### ANIMAL WELFARE >

We believe mankind's responsibility is not limited to solely humanity, but also to all life forms, especially animals. We therefore do not support the killing of animals for any purposes; neither for eating nor use in any products, and the cow is of special significance. The cow is considered to be favoured by Lord Krishna Himself, and our vision is to aid the world in creating ahimsa farms and dairies where cows (and all animals) are allowed to live out their lives and be treated with respect.

### HEALTH AND WELL-BEING >

Both mental well-being and physical health is of upmost importance to us and is based on our philosophy of "simple living, high thinking". Our aim is to live and educate others on a holistic lifestyle that includes a vegetarian diet, ahimsa (non-violent) consumerism, meditation and bhakti-yoga. Our centre's owned-and-operated Govinda's Restaurant, is a flagship pure vegetarian restaurant in London since 1979.

### HERITAGE OF CULTURE AND ART >

ISKCON's heritage is rooted in the ancient Vedic culture of India that is a plethora of wisdom in the arts, music, dance, cuisine and literature. This culture puts significance to the meaning and emotions behind artistic expression, and is intertwined with its philosophical underpinnings of devotion to God. Cultural showcases are presented at all major events and festivals, and devotional expression is encouraged as a lifestyle.