



Golden Achievements

Dear Readers, Sai Ram!

Thank Heaven that we can all bathe in full golden sunshine again after the almost 'apocalyptic' weather with its torrents and the extreme floods that have been experienced here lately. This month's Full Moon shone on celebrations of the Avatar around the country and most gloriously at our Beloved Teacher's feet at Prashanti. Indeed, what a wonderful series of happenings have taken place at the 'Abode of Highest Peace' during July – perhaps most touching of all being the acquisition of a charming new 4-year old elephant!

In the past month there has for me, along with Ishver Patel, been the lovely opportunity to attend and speak to the UK youth at their final pre-WYC meeting on the 14th July in Milton Keynes. Attending and speaking at the end-of-year concert/show at the Sathya Sai School, Leicester rounded off that day in another wonderful way. The young pupils are extraordinarily talented, open and friendly in their mature presentations. *(Read about this further on.)*

We have been fortunate to have Mr Kishin Khubchandani, Chair of Zone 9, visiting us in the United Kingdom prior to his return to Ghana after attending the Prashanti Nilayam and the Prashanti Council. He graciously attended a 'Free Walk –in Health Awareness Clinic' in Brent last Sunday and officially met the Mayor of Brent and addressed the clinic along with the Mayor, before the official ribbon-cutting ceremony. Here in this country we, as an Organisation, are becoming very highly respected for our participation and co-operation with local Primary Care Trusts in staging these helpful clinics. We are at a stage now where we are requested to hold them. Although we have many other service activities in this country it is quite clear that this is something we do very well and are being recognised for. Sometimes it is just plain good sense to develop our strengths.

Our delegation to the World Youth Conference has brought distinction and praise for exemplary behaviour and effort. Our National Youth Co-ordinator, Mathan Arulvel, and all our UK Youth delegates deserve our applause and gratitude for their input, preparation and demeanour not only at the Conference itself

but also in the long months of preparation beforehand. The preparations were not only those of intense spiritual practice but of hard work gathering material for exhibitions, preparing for workshops and generally getting ready. Dear Youth – you have made us all very proud!

On behalf of the UKCC - and indeed the whole Organisation, I should like to extend a particularly warm and very sincere 'thank you' to Sri Ajit Popat, his wife, and members of the HVB Trust who put in so much hard work and preparation to organise the charter flight, transportation etc. that took the majority of our Youth to Puttaparthi. The plane that was chartered kindly took an exceptional, unscheduled, route to take the passengers direct to Bangalore, which is amazing grace!

Shitu Chudasama, National Vice-Chair, took an international level role in organising this successful conference. He and his wife Rita are to be highly commended for the energy they put into - not only this conference - but the previous Youth Pilgrimages they have led that became the fundamental template for the WYC 2007, bringing 2,000 Youth from over 64 countries together along with 1,500 Youth from Swami's Colleges in such a harmonious and streamlined way.

How talent-rich and lucky we are in the SSSSO UK!

**Love and Light,
Rosemary Perry, National Chair**

Loving Sympathy...

The father of my predecessor, dear Shobhna Patel, passed away peacefully and very unexpectedly on the 16th of July. The funeral was held on 20th July and the Chapel was full to over-capacity with people paying their respects.

On behalf of the UK Council and the whole Sai Organisation in this country, I would like to wish Shobhna, her mother, her brothers and all her extended family our love and prayers at this difficult time.

Rosemary Perry, National Chair

"Man has progressed in science and technology. But morality & integrity are going down. The immediate task is to promote moral values," Sathya Sai Baba

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Bhajans on the Boat

*** LIMITED PLACES ***

Region 2 has distinguished itself over the past few years in arranging magical boat trips on the Thames with a very spiritual aim: to spread the love and enhancing vibrations of sacred songs, chants and meditation as you travel along. There are some few places left if you would like to join the next trip! It takes place on: Saturday August 18th. The enclosed and spacious boat leaves from Lambeth Pier at 6pm and returns at 10pm. Boarding time is at 5.15pm. The Boarding Pass costs £13 per person. Food will be served on the journey.

If you definitely wish to join this 'sathvic' cruise please email immediately to:

saigaytree@yahoo.co.uk

Gayatree Bikoo,

Region 2 Service Co-ordinator

National Sathya Sai Education Day 'The Heart of Excellence'

"That which is Truth is sacred, and is in your heart." ~ Sathya Sai Baba

Sunday 2nd September 2007 will mark the first 'National Sathya Sai Education Day', an event that will be hosted jointly by our UK 'Sai Spiritual Education' wing, the 'British Institute of Sathya Sai Education' and 'Sathya Sai Schools'. The aim of the day will be to share national and international experiences of implementing Sathya Sai Education, with the help of Keynote Speakers - Dr Ronne Marantz from the USA and Georgios Bebedelis from Greece.

Dr Ronne Marantz has a Doctorate in Education in 'Curriculum and Instruction' from Columbia University, Teacher's College, New York, where her Dissertation Topic was: '*An analysis of the Implementation of a Curriculum Innovation for Character Development: Sathya Sai Education in Human Values (University Microfilms International,)* Oct. 1991.'

She has a Master of Science degree in 'Special Education' from Long Island University, New York; and a B.A. in 'Elementary Education' from Queens College, City University of New York.

After a distinguished record in Sathya Sai Education to national level in the Sai Organisation in the United States, she now sits on the Sri Sathya Sai World Foundation Education Committee.

Ronne will be addressing the conference on the subject of:

'Educare: A Process Approach to Eliciting the Human Values Within.'

She has made Presentations on Training and Staff Development for SSEHV to: UN Habitat Water, Sanitation, and Hygiene Education, a World Conference on Gifted and Talented

Children in Sydney, Australia; and to a World Conference on Mental Health in Mexico City, Mexico.

Georgios Bebedelis graduated from the National Technical University of Athens, in March 1987, as a Mechanical Engineer. In June 1999, he received a Diploma in Pedagogics from the Institute of Professional Teachers of Technical Education, Athens. Georgios has been an active member of the Sathya Sai Centre of Athens since 1987 and, with a long background in SSEHV, was the national SSEHV Co-ordinator of Greece from 2001 – 2005, is a faculty member of the European Sathya Sai Education Institute (ESSE) and is currently Representative of the ESSE Institute for South Europe, Deputy SSEHV Coordinator for Zone 6.

Georgios, as an ESSE faculty member, has participated in ESSE seminars in various European countries such as Italy, Germany, Russia, Estonia, Latvia, Poland, Belgium, Spain, Austria, Czech Republic, Switzerland, Croatia, Serbia, Bosnia, Macedonia, Bulgaria, Romania, Slovenia, Denmark, and Hungary.

He has the following publications to his credit: A Greek bhajan songbook, November 1991, and a translation into Greek of the book 'Gnana Vahini' May 1996.

He has also written the following books:

'The Teachings of Plato on Education: a parallelism with Sai Baba's teachings on Educare', April 2000 and 'Sai Baba's Teachings and Aristotle on Virtue and Ethics', April 2004.

(These two works have been translated and published in various European languages.

They have been also published in the monthly e-journal Heart2Heart of Prashanti Nilayam.)

'The Theory of the Five Sheaths.' This work is based on the teachings of Sai Baba and contains the ancient wisdom of Indian philosophical tradition, referring to the knowledge of man's real Self.

Georgios will be speaking on:

'Ancient Greek Thought and Sathya Sai Education'.

The principle objectives of this National Sathya Sai Education Day will be to inform and inspire educationists and volunteer members of the Sri Sathya Sai Service Organisation in the UK to understand the importance of Sathya Sai Education in our world today, to understand the scope and potential role of Sathya Sai Education in the UK, how it forms a key part of the mission of Sri Sathya Sai Baba and the aims, objectives and priorities of Sathya Sai Education within the three areas (SSE, BISSE and SSSs).

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Attendance at this event will be by completing a Registration form, which has already been sent to those relevant in their areas by the co-ordinators of SSE, SS Schools and by the Director of BISSE. If you know of any educationists or others who will benefit from attending this event then either contact one of the education co-ordinators below or e-mail: sathyasaieducation@ssso.org.uk stating the name, the area of interest and the educational background (no matter whether formal or informal) to receive the Registration form.

~ **Prabodh Mistry, Sathya Sai Schools Representative**

~ **Sharmila Parikh, National SSE Co-ordinator**

~ **Carole Alderman, Director BISSE**

SRI SATHYA SAI CHARITABLE TRUST (UK)

The Trust Board recently thanked two outgoing Trustees Andy Barrs and Jagdish Chanrai for their time and commitment to the Trust over the years they held office. The Board welcomed the following new members as Trustees: Shobhna Patel, Phil Heaton and Robert Alderman.

'Virtually' Hot Off the Press!

The recently published book: 'Global Overview of Sri Sathya Sai Education' exists now in 'pdf form' on www.sathyasai.org. Visit the website, click on 'What's new' in the lower left, and in the page that opens, click on the link in the first news item. The whole book can be downloaded in a .zip file or as individual chapters. Hopefully each Centre and Group will be given one of these books soon.

National SAI-UN Symposium 'Human Rights – Human Values' Saturday October 6th 2007

In October 2000 and 2003, members of the SSSSO UK Region 3 organised two workshops on: 'Peace and Non-violence – the United Nations and the Spiritual Way' and 'United Nations Awareness'. We had some 100 participants at each of these meetings. This generated considerable interest amongst our members in the workings of the United Nations and this has prompted the same organisers to plan a third event, a 'SAI –UN Symposium' to be held on Saturday October 6th 2007, on the above topic, 'Human Rights – Human Values'. This event is now National level and is being arranged to bring Speakers from the SSSSO UK and from the United Nations together in a forum where the compatibility of the concepts of 'Human

Rights' and 'Sathya Sai Human Values' can be explored. We are honoured to have Mr Kalyan Ray, Chair of the SSS World Foundation Education Committee and Justice Bhagavati, a member of the Sri Sathya Sai Central Trust and also a Member of the UN Human Rights Committee with us as honoured Guest Speakers along with those from the UN.

At this Symposium, we would like to highlight the parallels between the Charter of the United Nations Article 1, on Human Rights and Sathya Sai Baba's Teachings. This will be coupled with relating to the adoption by the UN General Assembly of the 'Universal Declaration of Human Rights', in 1948, which states, "All human beings are born equal in dignity and rights ...without distinction of any kind such as race ...religion..." It further states that all human beings have "...the right to education". Issues addressed will include: 'Education', 'Establishing human rights', 'Management of the scarce global water resource' and 'The difficulties faced by Medical teams in disaster or war-torn areas'. At the end of the Symposium we would like to have achieved the following: To have aided in the wider understanding of the true purpose and ethos of the SSSSO in the UK and internationally. To have demonstrated that the teachings of Sathya Sai Baba actually help to transcend generally perceived impediments through a universal spirit of love and united service. To have shown that internationally we, as an international organisation, have overcome political aspects and other geophysical obstacles to bring pure water and other service activities to vast areas and several million people in India. And to have achieved mutual understanding that the deceptively simple 5 Human Values are indeed the fundamental building blocks of a moral, ethical, free and equal society.

Details and opportunities for attendance at this event will be circulated via your regional Chairs shortly.

National Spiritual Day 2007 'Our Life is Your Message' Saturday November 3rd 2007

Hopefully, all of you have seen this date in the 'Love and Light' Diary Dates and have reserved this day in your own diaries to be with all our Sai brothers and sisters. The venue is the spacious Zoroastrian Centre Hall in Alexandra Rd, Rayners Lane, Harrow, Middlesex, (right opposite the Rayners Lane Tube Station).

The day's events will start with Vedam chanting by a combined group of Sai Students and the Region 8 Vedam chanting team, followed by devotional songs to invite and

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welcome Swami to be there with us. The day's programme is packed with all the events you like that will make it a memorable day. We have Suresh Govind coming all the way here to this country from Malaysia to be our special guest speaker. We have, too, our former UKCC Chairperson, Phil Heaton, as a guest speaker. Sai students in this country have confirmed that the famous singer Sonam, who is a singer as well as a speaker – and is of the same calibre as Ajnish (whom we heard at last year's National Spiritual Day) has agreed to perform for us all this year. Those who may have heard him know that he is another of Swami's students who excels in singing and speaking inspiringly.

There is also another surprise that came up recently during my visit to Prashanti during the World Youth Conference. The full details will be announced as soon as I have the confirmation that I am waiting for from Mumbai. The full details will be announced in next month's 'Love and Light' and distributed via your Regional Chairs to every Centre and Group. But, most importantly, we need YOU there so please be there with us on this occasion – it is a day not to be missed!

Raj Selvakumar,
National Spiritual Co-ordinator

Sathya Sai School Leicester **'Changing the World Together'**

This was the theme of the year-end concert show at our Sathya Sai School Leicester, on the evening of Saturday 14th July 2007. The show was a superb production by all of the 45 pupils of the school and thrilled the audience for two hours with plays, songs, short speeches, musical items and a karate demonstration! Sri Sathya Sai Baba blessed Hoe and Usha Lim to start the school in England. This year marks the completion of six academic years of the school since its inception in September 2001 in Leicester with just 7 children. Since then the school has continued to grow in size and now has 45 pupils and 5 full time teachers.

The school is blessed with dedicated teachers and the way that the SSEHV is integrated into their teaching provides an excellent environment in which to bring out the best in the pupils - both academically and spiritually. This leads to the children demonstrating excellence in their conduct, manners, schoolwork, national examinations and extra-curricular activities such as sports and music as well as public performance!

The Concert Programme

The parents of the current and prospective pupils, supporters and volunteers of the school, governors as well as past and present

staff members filled a large hall with over 500 seats. The chief guests were the SSSSO's Central Co-ordinator for the UK and Ireland, Mr Ishver Patel, who, following the children's play on Mahatma Gandhi, related a story showing Gandhi's wisdom and insight; and the SSSSO UK National Chair, Mrs Rosemary Perry, who followed a play on the life of Martin Luther King. She likened Martin Luther King's, 'I have a dream' speech to the dream of the School's founders, Hoe and Usha Lim.

The performance started with welcomes in various languages and major faith prayers. A musical interlude then followed with perfect renditions of piano and recorder pieces and concluded with a performance on the tabla. Short plays, speeches, musical items and a karate demonstration followed this.

The main programme performed by the older children focused on the lives of three great figures who were embodiments of the human values of Peace, Love, Truth, Right Action and Non-Violence - the essence of Sathya Sai Education, and who had done much to change to change the hearts, minds and lives of ordinary people throughout the world.

There was a portrayal of Mahatma Gandhi and his contribution to a peaceful solution through non-violent action. This was followed by incidents in the life of Martin Luther King demonstrating truth in the understanding that we are all one, irrespective of the colour of our skin. Finally, we saw an enactment of Mother Teresa, an example of pure love in her tireless work with the poor and downtrodden of Calcutta.

The younger nursery children performed the 'Rainbow People' demonstrating our interdependence and the need for unity and cooperation to make the world a better place. Love was demonstrated in the way the children related to each other whilst superbly engaging in their individual parts. They shared the microphones, respected each other's space and time as they patiently waited their turn.

Peace was demonstrated by the effortless way in which the children performed, remembering their lines, dance routines and martial art movements. These were performed with precision and focus.

Right action was demonstrated in the way the children gave their best. There weren't one or two 'star' performers but everyone was a 'star'. The children were aware of each other and acted in unity and harmony and everything flowed smoothly and beautifully. Overall, the audience was delightfully entertained for nearly two hours by the children who ranged from three to eleven

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years - living examples of the five human values. This was so clearly evident as the children performed brilliantly through drama, music, dance and a focused martial art display.

Expansion of SSS Leicester

The school follows the national curriculum for England (for 3-11 year olds) and also caters for a range of co-curricular activities of music, sports, martial art - all based on the Sathya Sai EHV programme. It is seen as a beacon of light in the very community that it serves and its success is evident with the increase in enrolment enquiries without any advertisements being placed in local papers. It is all by 'word of mouth'.

As parents prefer to choose the school well before the schooling age of their children, many parents attended with their children who were as young as two years old! In fact the school has babies already enrolled to start as soon as they turn three! The school has now outgrown the capacity of its current premises through expansion and also as more parents wish to send their children there. The pupils that started at the beginning have now completed their primary education and are ready to begin their secondary education. The school is therefore turning a new leaf in its developmental chapter by starting a secondary section in September 2007.

Sathya Sai School Leicester What Suite Service!

On Saturday 21st July 2007, a combined team of around 25 volunteers from Hatfield, Luton, Watford and Mill Hill Sai Centres travelled up to Leicester to offer their time and energy to the Sathya Sai School there. They arrived from 8 am and work began straight away.

One team started on the assembling of 12 new computer tables and chairs whilst another team started dismantling the old computer area. This area was then cleaned and sorted out so that it becomes the new reprographics and stationery room. The new computers donated by the Trust were then opened up and connected. So we now have an 'I.T. Suite' at the school! Individuals in the team donated the new tables and chairs.

The volunteers worked whole-heartedly with dedication, devotion and love.

Our loving brothers and sisters decided to redo the storeroom and installed shelves to ease congestion. Immediately after lunch the room was cleared. Whilst the ladies sorted the contents, the men measured and were off to B&Q!

With love in action the school now has had a good start in its preparation for the continual education of the students for the coming

year. This kind service ended at 7.00 pm and everybody left feeling happy having served effectively, constructively and in brotherly and sisterly love and understanding.

**Prabodh Mistry,
Sathya Sai Schools Representative**

Region 4

Supporting 'Global Service Day'

Every year for over 25 years now at our Centre, on Global Service Day, we invite guests to a day out where we provide transport and refreshments for the guests, and take care of them for a day. This year it was to be held on Sunday July 15th and our chosen venue was Twycross Zoo. (We went there in 2005 but it rained that day and we wanted to 'make up for that' with our guests this year – but it rained again this time too!)

This venue was chosen because it is one of Leicestershire's top tourist attractions. Last year we went to Snibston Discovery Park, and in previous years, we have been to 'Conkers', Clumber Park, Wickstead Park, Abbey Park and other places

The planning for the day started many weeks beforehand – visiting the chosen venues to assess their suitability, availability and distance from Leicester. Once the venue was agreed, we had to contact our guests for the day – invitations were sent out to the Multiple Sclerosis Society, 'Moving On Group' learners (adults with learning difficulty), members of the community to whom we provide 'meals on wheels' at weekends and to elderly residents of a home where we perform monthly Bhajans and a 'Pukar Group' (ladies with disabilities). Then it was making transport arrangements: "Who's going to pick who and from where?" We had to arrange a special minibus with a lift because some of our guests are totally wheelchair bound.

Preparations for the refreshments started early on Saturday morning – rice biryani, yoghurt raitu, pasta salad, cheese & potato pasties, potato wedges, sandwiches, and for pudding, we served individual trifles, strawberry & kiwi fruit pastries and fresh bananas/apples/pears. And for afternoon tea, homemade (freshly baked) scones with jam & clotted cream! What a sumptuous choice!

Some volunteers left early – before 8.00am - to set up the Napier Centre ready for the guests (we had booked this room for the day) and the rest of the volunteers were to arrive from 10.15am onwards. Two marquees were set up - the forecast for the region was rain. The marquees were planned to be used for the 'fun games': 'Lucky 7' dice, bean bags & pots, table skittles – but all this was 'scuppered' by the rain – unfortunately the

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ground in the marquee was soggy and muddy because of the rain. Anyway there was better entertainment indoors!

Twycross Zoo staff had put out a number of road signs to help the volunteers – these were properly constructed laminated signs directing the volunteers to the special entrance specially opened for us – a nice touch of detail that made us feel very welcome. It was good to see road signs that read '**Sri Sathya Sai Service Organisation – UK**', with an arrow showing the direction to the entrance.

It started to rain as the guests arrived at the Napier Centre – hot drinks were served, with homemade biscuits & cookies.

All volunteers & guests were registered, everyone was handed a named badge for the day, and then welcomed by our Centre Chair, Narendra. He also provided information on the programme for the day – the times for refreshments, Bingo, karaoke, etc.

All our volunteers were allocated guests to care for throughout the day, and after the welcome by our Centre Chair, everyone went out to see the animals in the zoo – didn't want a little rain to spoil the day! The zoo is renowned for the variety of different animals and everyone enjoyed the walk through the viewing areas – monkeys, chimpanzees, giraffes, lions, elephants, turtles, leopards, etc. Twycross Zoo has been re-branded as a 'World Primate Centre' after it was found to have the widest range of ape and monkey species of any zoo in the world! And one of the big attractions about this zoo is that although it is a small one, it is very well laid out and the animals are looked after very well.

Sea lion and penguin feeding were a big hit with our guests. And the tropical enclosure was very popular as well. One of the guests was 96 years young! She walked around the zoo without any help. Our volunteer, Ketan, who looked after this lady throughout the day commented, "She's an incredible lady. She is full of life. It's been my pleasure to look after her today".

Around one o'clock, everyone trooped back to the Napier Centre for a very welcome lunch – served by enthusiastic volunteers – and there was something for everyone there. Tea & coffee were served to those who wanted them. Nothing was too much trouble for anyone – 'service with a smile' seemed to be the theme!

Then came the Bingo – this is everyone's favourite game and the good thing about this game is that everyone can join in, with volunteers helping out wherever necessary.

Prizes were handed out for the first complete line and for 'full house' – "BINGO" shouted with great gusto by the winner!

Another favourite of our guests is singing - Karaoke is always a big hit. Many of the guests came forward to sing their favourite songs. Great entertainment for everyone!

Soon it was time to say our goodbyes, and to thank everyone for their efforts.

Many of the guests came forward and commented on the day – 'thank you for looking after us today', 'thank you for the wonderful food', 'we enjoyed the day very much', 'a great day out – can I please come next time again' ...and my favourite - 'you're all incredible – you've all got smiles on your faces'!

Throughout the day, individual photographs of the guests were taken as they enjoyed themselves, and the photographs were printed and framed in the Napier Centre, and handed out to every one of our guests as they left to go home – what a fantastic take-away present! And all our guests went away with a 'goodie bag' as well!

Next day, one of the mothers rang up to say 'Thank you. I can't thank you enough for the way you looked after William – he came back so happy! You're doing a fantastic job!'

And finally, all the volunteers worked so hard. Not once did anyone – guest or volunteer - come up and say we should go home! Everyone carried on to make sure that the guests were cared for and 'entertained'. All the volunteers had the 'can-do' attitude – nice to see! Such was the volunteers' dedication to this service activity that everyone went home tired but very happy, despite the rain.

Submitted by:

Ramesh Mistry, Chair Region 4

Region 6

Guru Purnima Celebrations at the Hove Centre

Guru Purnima was celebrated a day early this year at the Hove Centre in Sussex. Local devotees and visitors (some from abroad) gathered to sing Bhajans and offer their devotions at the lotus feet of Sri Sathya Sai Baba. Laxmi Chair and Mark Durr, the Service Co-Ordinator from Tuggeranong Centre, Brisbane were thrilled by the unexpected chance to celebrate Guru Purnima with fellow devotees in Hove, whilst visiting relatives in the area. They joined in with great ease with the singing and also the leading of devotional songs.

Joyce Wood, a local devotee and professional singer was also celebrating her 85th birthday on that day and she sang some wonderful songs including, 'When Love Calls', all present

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were spellbound by her touchingly beautiful voice. 'Happy Birthday' was sung to her in both English and Gujarati. Then she cut the cake with 'Guru Purnima' inscribed upon it! Also in that age group, Kath Lloyd attended from Guildford, Priscilla Taylor came from Seaford and Eileen Radburn from Horsham. It seems these lively and loving octogenarians are still showing us the meaning of real and lasting dedication and devotion. They are an example to us all.

Philippa Malcomson, Chair Region 6

Region 7

Celebrating the Ultimate Guru

Guru Purnima was celebrated on 29th July in Cardiff with nearly 100 devotees travelling from as far as Bournemouth, Exeter and Swindon to attend this wonderful event. The day started with heart stirring prayers, Vedic chanting and bhajans. Our Region was extremely fortunate to have Dr Surendra Upadhyay as guest speaker for the day. His first talk was on "Work is Worship" and he, in his very special style of presentation, gave personal experiences of how he had changed his own workplace into a more caring and loving environment. He thereby convinced us that we can all achieve a similar environment in our workplaces by speaking lovingly even to those who may not be loving towards us, and never reacting to anger with anger. He also said that we must dedicate all the work that we do to Swami as an offering before we start any job or project and then watch how even the most difficult or onerous task can become easy. The remainder of the programme included presentations on the significance of Guru Purnima, a timeline of world religions, Gurus and their teachings and a very insightful panel discussion on the theme "Follow the Master". The panel discussion addressed questions such as

- Who is the Master and what are His qualifications?
- Which of His teachings have practically helped you?
- How do we establish a relationship with Swami and does it require work?
- What are the cardinal enemies of Man and how should we deal with them?
- When we face a challenging person or situation where does the difficulty lie?

- Swami says that a true devotee accepts pleasure and pain with equanimity, how is this achieved?

After lunch Dr Upadhyay kindly addressed us again when this time the talk was particularly aimed at the pilgrims who are travelling on a Regional Pilgrimage on 18th August and he spoke on "How to Win Swami's Grace". He said that Swami puts a lot of emphasis on group unity and discipline. He told us of groups who had shown true unity and functioned as one unit rather than individuals and been disciplined at all times and how Swami had then showered them with His Grace in abundance. This beautiful event came to an end with extended bhajans for five hours to energise and unite the group even further. Region 7 felt truly blessed to have had such an inspirational and energising day.

Jey Sivaloganathan, Chair Region 7

Service Wing

SSSSO UK Goes Into Overdrive in Raising Health Awareness Region 2

The Sri Sathya Sai Service Organisation UK (SSSSO) very proudly joined hands with the Brent Indian Association and organised a 'Free Walk-in Health Awareness Clinic' (FWHAC) in Alperton, Middlesex on Sunday 5th August 2007. This clinic was open to all communities although in the main was aimed at Gujarati communities.

We were very fortunate to have the presence of the Mayor of Brent, Councillor Harshadbhai B. Patel, who attended the clinic with his wife.

Our own Zonal Chair Mr Kishin Khubchandani, UK Chair Rosemary Perry and some of our UK Council members were also present at the formal opening ceremony, which was conducted by the Mayor of Brent. The Mayor spoke about the importance of raising awareness of various health conditions within Asian communities and of the two organisations working together for the benefit of the whole community. Our Zonal Chair spoke of the guiding principles laid down by Sri Sathya Sai Baba in the qualities and purpose of rendering service to communities.

SSSSO Healthcare Volunteers

The medical team that manned the clinic comprised five GPs, two ophthalmologists, two optometrists, three dentists (of which two were orthodontists), pharmacists and nurses to check Body Mass Index (BMI), Blood Sugar and BP. In addition two medical students also assisted the clinic. General

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volunteers from local Sai Centres also gave their help and support.

Achievements

We examined some 150 people and gave over 500 consultations, mainly in relation to Dental and Eyes. We issued 16 referral letters to GP and Dentists. We were pleased to see people of different ages coming from the Gujarati and Tamil communities, the youngest being aged 22 and the oldest 91.

The people who attended the clinic have given very positive and constructive feedback to us. The Chair and the Secretary of the Brent Indian Association have told us that they would like to continue holding similar clinics with SSSSO every 6 months.

Region 7

Region 7 organised a Health Awareness Day in conjunction with Swindon Tamil Group on 4th August 2007 in Swindon.

Region 4

Sharing of Liquid Love (Blood) & Mushy Love (Bone Marrow) on 21st July 2007

We continue to work with the National Blood Service (NBS) in promoting the 'Sharing Liquid Love' (blood donation) and 'Mushy Love' (bone marrow donation) initiatives.

We worked with an international software company based in the UK and organised a Family Day on 21st July 2007 in Coventry. Some 1,000 staff and their family members attended the day. The aim was to raise the awareness of Blood and Bone Marrow Donation and to encourage the staff and family members to register as donors on the official Register maintained by the National Blood Service. From those eligible to donate blood and bone marrow, 56 donors registered their names to join the National Blood Service Donors register.

The feedback from the company and staff was very positive and we have been asked to organise similar clinics at various locations around the country where their company offices are located.

* * * * *

Bone Marrow Donation Clinic 12th August 2007, Leicester YOU could be the saviour of this young woman...

A Bone Marrow Donors clinic has been organised by the family of a 28 year-old young woman urgently needing a bone marrow transplant, with the Anthony Nolan Trust. All those aged 18-40 in good health and weighing at least 8 stone are requested to attend this clinic and give 2 tablespoons of blood as a sample. You could be a lifesaver. The Clinic venue is:

The Roundhill Building, Roundhill Community College, 997 Melton Road, Thurmaston, Leicester LE4 8GQ

Timings: 12pm to 4pm

**Bharat Handa,
National Service Co-ordinator**



Special Feature

Write-ups of Happy 'Family Values Days' Around Five of the Regions

These new, successful and enriching regional events are the brainchild of the SSE Wing

Region 1

Combined with Sports Day

Region 1 held their annual Sports and Family Value Day on 7th Jul 2007. The day began with the 'March Past' where all the students paid their respects at Swami's altar, after which the SSE students stood in their 'houses' and made the 'Sports and Family Value Day Oath', (based on the Sathya Sai Sports and Cultural Meet Oath) which goes as follows:

'Aum Sri Sai Ram. We, the children of Sai, will take part in the Sports Meet in the true spirit of sportsmanship, respecting and abiding by the rules, which govern them. Our aim is not victory but fair play, so that Truth may shine in us, for the glory of sport, of our Nation and our beloved Mother Sai. Jai Sai Ram.'

The former Mayor of Kingston, Councillor Yoganathan, addressed the parents and children before the children split up into their various age groups and moved away to take part in various activities ranging from sprint and obstacle races to long jump, rounders and football. Meanwhile, the parents also competed in events such as the 200m race, rounders and cricket games. In every team sport, for both parents and children, bonus points were awarded to teams for the answering correctly of questions on Swami's life and teachings.

The Mayor of Merton, Councillor John Dehaney went round the events, speaking to many of the students, from the youngest in

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nursery to the oldest in Group Three. He then spoke to the children assembled in their houses in front of Swami's altar, encouraging and praising their efforts. Councillor Dehaney opened up the opportunity for the Organisation to get involved in upcoming conservation and tree planting events within the borough of Merton, and expressed appreciation for the work already carried out by the Centres.

After lunch, each of the houses – Sathya, Dharma, Shanthi, Prema and Ahimsa – was given information on the meaning of their house and got together with their parents, youth and teachers to create a role play on their value. The role plays were innovative, entertaining and informative and the winning team chose to reflect on popular television culture with their role play centering on the activities within the 'The Sai Baba House' (Big Brother House) where misbehaving housemates could be called to 'The Dharma Room' (Diary Room) to discuss their actions with Swami. They issued a clear reminder to their fellow SSE students with the frequently repeated words 'Remember... Sai Baba is watching you!' It was remarkable that through these humorous and simple role-plays, some of the most significant teachings of Bhagavan could be imparted to everyone watching.

The Day ended with participants gathering to watch the winning houses receive their cups. Councillor Rohan Yoganathan, a former SSE student, spoke to the children and youth. He told them of how he held on to Swami at the most desperate times of his life, when he was near death and how Swami's teachings had inspired and guided him throughout his life. He encouraged the children and youth to respect their parents, to appreciate the sacrifices that had been made for them and to support and work alongside the older generation. The children stood together in their houses for one last time to recite a final oath, promising that from that day onwards they would conduct themselves as Ideal Sai Children:

'Aum Sri Sai Ram. I hereby solemnly declare and promise that from this day I will conduct myself as a true child of Sathya Sai, that I will to the utmost of my ability, support Humanity, Morality and Spirituality, and that as far as I can, I shall uphold and advance the welfare of my countrymen and fellow men. Jai Sai Ram!'

Raj Rajasingam, Chair Region 1

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Region 2

Good Fun, Good Health, Good Values!

This was an enjoyable event for both parents and children alike. It was especially wonderful to see devotees from different Centres and different Wings bonding together! Unity & divinity was clearly visible in all of those who attended, young and old. Everyone took the opportunity to participate in the many activities that were on offer. The stalls ranged from Sai Spiritual Education (SSE) Information, Godopoly; Sing along, Blockbuster, Once upon a time to Health Awareness (Blood Sugar, Blood Pressure). When playing games, winning or losing was not important; in Swami's eyes we were all winners. The play was really breathtaking, watching the small children act their lines without any hesitation, made their teachers proud. They reminded us that the values learnt in our Sai Spiritual Education should be practised in every minute of our day. Listening to the story of Lord Ganapathi going around his parents helped to reinforce the bond between families.

The Health Awareness stall was a huge success and a blessing: 46 people attended the Blood Pressure & Blood Sugar clinic. Some of whom were advised to see their GP for a repeat check and further treatment. Everyone helped with a feeling of commitment and devotion in all they were asked to do. This was the reason for its success. With events like this, transformation will come sooner than expected giving bundles of joy to our Swami with his mission accomplished and blessings granted to all, which were no doubt granted on the day. The event was SO successful...even Baba was inspired to witness and bless it.

Satesh Melwani, Chair Region 2

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Region 3

A Day of Love and Fun

"Ananda Swarupa, Hey Prema Swarupa, Remind Me My Lord, Who I Am..."

These beautiful words started off the Region 3 Family Values Day on Sunday 8th of July 2007 in Drapers Field, Stratford. The day promised to be full of fun and laughter and it certainly exceeded all expectations. Swami's Grace provided us throughout the day with unusual glorious sunshine, and all that our 200 participants needed to do was to sit back, relax and enjoy the day.

The arrangements consisted of a carousel-style array of activities, each set up in its own gazebo, for the whole family to enjoy together. One such activity was the 'Coconut Shy' created by our friends at Mill Hill Sai Centre. The aim of the game was to knock down the bad qualities represented by the

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coconuts such as anger, greed, jealousy etc. For each coconut or each bad quality knocked down, a good quality (i.e. sweet!) was given in exchange with an inspiring word on a slip of paper such as 'Love', 'Detachment', 'Affection' etc.

People's talents were demonstrated at the Youth Creativity Centre, organised by a team of dedicated and enthusiastic youths from the region, including our Regional Youth Co-ordinator Pari Badiani. All participants were asked to create festival-style masks based on one of Swami's quotes. They also hosted the alternative 'Tug of Love', which had a lot of parents and children trying to stand their ground on opposite ends.

Walthamstow Sai Centre hosted a version of the game of 'Pictionary' where members of each family competed against each other in teams. This tricky activity required you to communicate a quote to the rest of the group only through drawing pictures or hand movements. The Region 3 SSE School organised two activities for the day, the first of which was the 'Obstacle Course'. This required plenty of concentration and agility, not to mention skill; try putting a sari on and then dribbling a ball through cones followed by bouncing a ball precariously on a tennis racket all the way to the finish line. Easy when you know how ...although some of the rules may have been ignored!

The second activity was perhaps one of the more calming activities, namely 'Origami'. In a very short amount of time, all families were able to create paper butterflies and Viking paper hats that acted as useful shades against the sun. The skill and concentration involved in Origami need to be precise and the participants displayed such skills with excellence.

There were plenty of lovely treats provided throughout the day from Surbhi Vaghadia, our Regional Service Co-ordinator, and her team, that kept everybody refreshed. The ice cream in particular was much appreciated! We were also very lucky to have delicious pink candyfloss made by Lakshmi Puvanendran and her able assistant Amanta Goodur. They have now become experts at making it and this pink delight will be a permanent fixture at such events in the future! The 'Bouncy Castle' kept all the adults entertained ...although meant for the kids who were equally entertained by it!

After lunch, we were kept on our toes with a wonderful game of 'The Weakest Link', laced of course with a Sai twist. The day was then mellowed out with some English bhajans led by Uncle Subra, our Regional Spiritual Co-

ordinator, on his guitar. We were delighted to have our national UK Chair, Rosemary Perry, taking part in all activities with her husband Stephen, who had come well prepared with folding chairs and picnic basket! We were also equally delighted when our National SSE Co-ordinator, Sharmila Parikh, and her family joined in the fun too. Rosemary concluded the day with a few words and then Surbhi performed the Aarathi.

It was clear to see that all the planning and organising of this event was done on a truly Regional basis from the Regional Co-ordinating team of Sunthar Uthayanan (Region 3 Chair) and the devotees. It was a day filled with love, devotion, goodness and humour. This day promoted friendship and unity and it is truly a day that we shall all remember as a day of real celebration of being part of a family, not only our own, but the wider 'Sai family'. There are already exciting new ideas in the pipeline for next year's Family Values Day which our Regional SSE Co-ordinator, Durga Selvarajah, is keen to implement!

Mali Almeida, SSE Co-ordinator Ilford R3

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Region 4

Over 250 people attended the Sai Family Values Day held in Leicester on Sunday 8 July 2007. After the torrential rainfall over the past few weeks, the organisers had planned for all the activities to be held indoors. The morning of Sunday saw brilliant sunshine, and with a quick change of plan, some of the activities were transferred outside.

The programme started with prayers and Group Devotional singing led by the SSE wing, and was followed by a session of yoga where the benefits of some simple breathing exercises were outlined. After some simple movements, everyone was also asked to take part in a laughter session which itself caused much merriment!

The Regional Chair Ramesh Mistry in his welcome address quoted Swami, and stressed on the importance of parents leading by examples.

The families then had an opportunity to test their knowledge in the Quiz session entitled 'Universal Challenge', sing along in the music session, try out their creative flair in the crafts session, and also compete in the sports session.

Lunchtime was a real treat. Everyone gathered on the playing fields for a picnic, and while enjoying their food, they were entertained by clowns, a magician, and some balloon models. Everyone also had an opportunity to visit a variety of stalls ranging

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from making friendship bracelets, to henna designs, to face painting, to flower arranging, or join in a musical game or taste some popcorn that was being made on the spot and also try out the chocolate fountain that proved very popular indeed!

After the final session, the Regional Vice Chair Ketan Gokani presented the highlights of the day, and projected some of the photos taken during the day. He also mentioned some of the remarks received that ranged from “best event I have attended in a long time” to “great way of parents and children taking part together”.

The day ended with the SSE children officering Arathi to the Lord, and although everyone was exhausted, they all left with smiles on their faces.

As one of the devotees remarked, “A most fantastic day”

Pravina Patel, Region 4 SSE Co-ordinator

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Region 7

A Picnic and Value-Based fun!

Sunshine ... warmth ... months ago Michael had his finger hovering above a calendar trying to decide on a date in July or August when the sun would shine. This was indeed an essential ingredient for the success of our annual Glastonbury picnic. Michael felt drawn to 14th July but little did he know that it would turn out to be a window of sunshine in between weeks and weeks of interminable rain. Devotees from across the Region met in Priory Farm's beautiful garden for a day of spiritual fun. Various activities were organised throughout the day or they arose spontaneously; nothing was compulsory, just as it is in the ashram.

When the Family Values Day was later planned for the Saturday prior to the picnic, it felt appropriate to combine the two events. And so it was that approximately 65 people, including 11 SSE children, gathered on the 14th. We started with *Nagarasankirtan* around the garden: a snake of devotees meandered around the numerous flowerbeds, singing the *Gayatri* mantra whilst taking in the wonderful colours and fragrances. This is a garden dedicated to Swami, and it shows! We reunited in front of the gazebo where an altar, Swami's chair and his picture had been set up. Under the direction of Nik and Catherine, we then learned two new English songs, listened to Vivek playing the flute and sang *bhajans* till noon. After that, people spread throughout the garden for a picnic lunch. The sun was with us, even quite warm - when unobstructed by fast moving white clouds. After lunch, the SSE children played a

game of 'Knock Down the Bad Values'. It consisted of 40 tins, labelled with either good or bad values. The 6 enemies of Anger, Greed, Pride, Desire, Attachment and Jealousy were printed on a green background, whilst the 5 core Human Values of Love, Peace, Right Action, Truth and Non-violence had an orange background; they were worth 10 points each. A further 22 bad values had a yellow background, whilst 7 other good values were all dressed in white; these were worth 5 points each. The tins were then stacked into 4 pyramids of 10. If you knocked down a bad value tin, points were gained, but if you were unfortunate enough to knock down a good value tin, you lost points, of course! The game was an instant hit not only with the children but with the adults too. Now and then gusts of wind blew some of the tins down and the players unanimously decided that these should count towards the score as it was deemed an act of God! Whilst this was taking place, elsewhere in the garden, people were chatting, singing *bhajans*, playing badminton or spending some quiet time in the dedicated sanctuary. Throughout the day Serena had been asking everyone to guess the number of glass pebbles in a container, and Uma, her mum, was delighted with her magnificent book prize for being the winner. At the end of the afternoon the SSE children were awarded certificates for attendance at the SSE school in Bristol during the past year, and we finished the day with *Arathi*.

Thank you to the Glastonbury Group for hosting the event and thank you, Swami, for a beautiful, inspiring and fun day.

**Marc Ingelrelst, SSE Co-ordinator,
Region 7**

Special Feature

Sri Sathya Sai

World Youth Conference

Exhibition 2007

In the vast infinity of eternal bliss, The One without a Second, formless and without attribute, that from whom all this has emanated and in whom all this resides and in whom all this will return, Sri Sathya Sai Baba, has descended into our conscious perception. Sages of yore had yearned even for a glimpse of the eternal principle absolute, how fortunate are we, the youth who are born in the time of, have been in the presence of, and who have the opportunity to serve Him for whom the stars offer their sparkle and for whom the roses dedicate their fragrance.

What fragrance of ours are we to offer Bhagawan? We can offer Him the blossoming of our human values of truth, right conduct,

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love, peace and non-violence. It is the surrender of our egos, the sublimation of all our desires in one all-consuming desire to attain Him that we should have the humility to offer. He is calling us to His eternal Kingdom – Sat, Chit, Ananda – the Paramatma. He is here to safely ferry us across the ocean of worldly existence. Are we heeding His call?

When before has God walked across the sands of time, leaving His fragrant footprints for us to follow, in such a loving and caring way for all His children across the Earth? The world is at crossroads, with the climatic effects of global warming gathering pace and war and hatred bringing tears to our Mother Earth. It is at this critical juncture in the history of the planet that the Supreme Absolute called His children to His Lotus Feet to receive His love and grace.

The Sri Sathya Sai World Youth Conference was the third World Youth Conference (the first two having taken place in 1997 and 1999) and took place in a highly auspicious year following in the wake of the passing of Bhagawan's most ardent devotee, Sai Gita. Do we, His children, have even a droplet of the level of devotion that she had for Him?

Swami always asks His students – are you ready? We, as the youth of the world, must ask ourselves are we ready to become beacons of light and love. History is HIS-story and our lives are His message. Thus the world will judge Him by how we conduct our lives. Does the example of our lives, of our character and conduct truly and sincerely match up to the message of our Divine Mother and Father, Sri Sathya Sai Baba?

The youth had been preparing for the Conference by adhering to an intensive Sadhana programme for several months in advance of the Conference. There were 9 spiritual disciplines which they practised: daily practice of Namasmarana; reading Swami's discourses/books and conducting weekly study circles; engaging in Selfless Service activity as a group; practice of dietary discipline; learning to speak softly and to speak less; taking active part in Sai centres; improving communication and interacting respectfully with parents; practising ceiling on desires by not wasting food, money, energy and time and practising daily meditation and prayer.

An Exhibition was created by youth from all over the world, including those unable to physically attend the Conference. The theme of the Exhibition was the Sadhana programme that the youth have been following. Countries had been working

together for months prior to the Conference to create an artistic representation of how each of the spiritual disciplines were being practised by youth from different cultures around the globe.

What was unique about this Exhibition was that youth from around the world had been working together in harmony and unity – transcending geography, culture and faith – in a labour of love and as an offering to Bhagavan. For the first time in the history of the Institute, Swami declared a three-day holiday for the students and they were able to attend the Conference and visit the Exhibition. Thus Swami's children from around the world and from their home in Prashanti Nilayam were able to share in the Divine Love of Bhagawan.

The United Kingdom was involved in the Kiosk, which represented the importance of studying Swami's teachings. This Kiosk was created with the participation of youth from Russia, the Middle East, South Africa, Mauritius and the United Kingdom. The United Kingdom youth created paintings and poetry inspired by Swami's teachings for display in the Kiosk. Such was the quality of the work produced, that at the end of the Exhibition, the Head Teacher of Swami's orphanage personally asked if this work could be donated to them. This is now where the UK youth's work hangs – adorning the walls of the orphanage to inspire the children there.

The intensity of the Divine Love that was felt during the Exhibition cannot be put into words. All who came to view it experienced something beyond description. As one sister put it, it was as if one experienced the Darshan of Bhagwan in the Exhibition itself. Youth sat down on the Namasmarana floor to chant the name of the Lord and later sang bhajans together – youth from across the world sharing words and feelings of their love for the Divine. The energy created was so palpable that everyone present felt the intensity of this love.

How was this possible? When we work together, focused solely on Swami then the love we have in our hearts for Him is manifested many times over and those who come into contact with us share in that Divine love.

In the same way that the Varanas (monkeys) helped Rama to construct the bridge to rescue Sita, the Sai youth of today need to help Bhagavan by building the stepping stones of Sadhana in order to purify their hearts and minds so that His Divine Love can shine through us to all of creation and thereby rescuing Sathya and Dharma.

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Our goal is to become Ideal Sai Youth, Messengers of Sai Love to help light the lamp of love in the heart of humanity, to help awaken the Divinity inherent in humankind and to bring the world together as one family under the Fatherhood of God.

What we have learned from the Conference is that we all need to work together in harmony, to have full faith in Bhagawan to meet all challenges that we have to face, and to offer all our love to Him and recognise Him in everyone. We are here to inspire each other to raise our consciousness from the human to the Divine by shifting our focus away from identification with our body and mind to our true reality as the eternal Atma, embodiments of Divine Love.

We, as the youth of the world, pray that Bhagawan will continue to bless us with His love and grace and guide our intellect along the correct path so that we may dedicate our lives in selfless service to Him to ensure Dharma is restored and the world is transformed into a paradise of peace and love. Only then will our lives be sanctified and His unimaginable glory and magnificence be revealed to one and all.

Neil Bisarya,
Region 5 Youth Co-ordinator

Sathya Sai Bookshop

The bookshop has a regularly updated website.

Please find it at:

www.srisathyasaibookcentre.org.uk

The SSSSO UK Website

is to be found on:

www.srisathyasai.org.uk

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Love and Light SSSSO UK
Significant Diary Dates 2007 please ask your
Centre or Regional Chair for details

Month	Date	Event
Aug	5 th – 12 th	SSEHV Intensive Course. Ramsgate, Kent (R6)
Sep	1 st	UKCC Quarterly Meeting
Sep	2 nd	National Sathya Sai Education Day in Pinner (R2)
Sep	9 th	NWC Meetings
Sep	15 th	Regional Meetings
Sep	22 nd	SSLTP Alumni Meeting
Sep	23 rd	Blood Donation & Bone Marrow Clinic: Coventry (R4)
Oct	6 th	SAI-UN Symposium: Human Rights – Human Values
Oct	7 th	SSLTP Module 3 'Thought Leadership'
Oct	7 th	Free Walk-in Health Awareness Clinic: Coventry (R4)
Oct	13 th	Carousel SSE Training Day
Oct	14 th	BISSE Meeting
Nov	3 rd	National Spiritual Day
Nov	10 th	Akhanda Bhajans (TBC)
Nov	23 rd	Sri Sathya Sai Baba's Birthday
Dec	2 nd	UKCC Quarterly Meeting
Dec	8 th	SSLTP Module 4 'People Leadership Communication'
Dec	9 th	NWC Meetings
Dec	15 th	Regional Meetings