

# Love and Light!

SSSSO (UK) - monthly update



9<sup>th</sup> December 2009

## The Turning Point of the Year

Dear Readers, Sai Ram!

During the first week or so of each month, there is a question mark in my mind as to whether there will be any articles for 'Love and Light'. However, each month, a few days before the send-out date of the 9<sup>th</sup> the articles come pouring in! So, we have for you, this month, yet another brimful issue. It contains some really important news for those of you who cannot get to a Centre or Group for any reason.

Next year is **Swami's 85<sup>th</sup> Birthday** year, and that brings with it a whole sack of presents for us!

It signals the staging of the **9<sup>th</sup> Sri Sathya World Conference** at Prashanti and, in preparation for that, some Pre-World Conferences that will be held all around the world in all the nine Zones. The theme of the World Conference is '**Sai Ideal Human Life**'. This will be the theme that is discussed at the **Pre-World Conferences** too. Though we are not using this theme for our **National Conference, to be held on January 30<sup>th</sup> 2010**, I think you will recognise that we are working towards it by using the title, '**Living the Sai Ideal ...I am God and You Are Also God**'.

On the 7<sup>th</sup> November I had the privilege to sit in on a very inspiring **SSLTP Mentoring / Coaching Workshop** that was held a mere 20 minutes drive from my home near Southampton on a bright and lovely day at a golfing complex in the country. (What a luxury to attend something so close!)

The following weekend on November 15<sup>th</sup> those six of us on the **CRB Steering Group** met at the Sathya Sai Bookshop in Kingsbury, to update ourselves. Later I attended a SSSC Trust meeting.

November 28<sup>th</sup> was a bright but bitterly cold day. And in dazzling winter sun I drove to Southfields, near Wimbledon to attend the **Second Module of SSLTP 2009/2010: 'Self Leadership'** and meet the new candidates. As is usual on my regular visits I made myself available for questions and on that occasion spoke about leadership and the true purpose of our Organisation and the inevitable challenges we all face and have to tackle towards reaching that goal. Sadly, Sri

Kandiah, one of the founders and key presenters of SSLTP had injured himself the evening before and could not attend to present the major segment of the day. However, the challenge that was posed by this to the SSLTP Coordinating Committee was very ably met by them stepping up and presenting these items themselves.

On the 29<sup>th</sup> November, your Council met for its **4<sup>th</sup> Quarterly UKCC meeting** in the UK Sai Building in Leicester. Our Agenda entirely focused upon the year ahead and how to address it for the best. **By now you should all have heard via your Centre or Group about the National Conference and how to book for it and also about our UK National Pilgrimage to Prashanti in August 2010.** These are also outlined further, in some detail, in this issue, on Page 2, and all forms for these are available via your Centre/Group Chair.

On Saturday 5<sup>th</sup> December your Council again came together to run the **ROAD Show for Region 2** in South Oxhey, near Watford. About 40 people, who must surely have enjoyed it, (because the room was very cold indeed) attended it through the day!

I felt very proud of all the Council Members who presented their items so well and with thoughtfulness and loving presence. **They demonstrated our Council view that everything that we do in this Organisation is spiritual, that Swami's spiritual Teachings percolate through all our plans and our thinking.** One presenter had an immensely painful back but drove there to do his presentation. One has had a severe injury to lower leg since September but has found ways to attend all the many meetings since then. Yesterday I attended a Trust meeting in central London.

**Wishing you a very Holy Christmas, celebrating the birth of the Divine Master, Jesus, and enjoy a Peaceful and Happy New Year!** Swami, quoted in 'Sanathana Sarathi', January 1994 said, "*Jesus was unaffected by the persecution to which he was subjected on a charge of treason. Moreover whatever attempts may be made to suppress good people, their goodness cannot be extinguished.*"

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

## National Conference 2010:

### 'Living the Sai Ideal ...I am God and You Are Also God'

UK Sai Building, Narborough Rd.,  
Leicester LE3 0BT

**Saturday 30th January 2010**

It is with great pleasure that the UKCC opens up registration for attendance at our National Conference 2010. The registration form and information below was sent on 2/12/09 to all Regional Chairs for circulation to all the Centres/Groups.

**In 2010 we have the exciting opportunity of all coming together for our National Conference under one roof – for the very first time in the UK under our very own roof, that sits on top of our very own building, in Leicester!**

Not only is this a significant aspect of our celebratory annual day but we shall also be coming together for the first time, nationally, to address and share in the plans we have in mind for our very important **85<sup>th</sup> Birthday year ahead**. We shall, as well, begin to lay out all the plans to properly prepare ourselves for our National UK Pilgrimage to Prashanti, our Pre-World Conference to be held in London in July, and the 9<sup>th</sup> World Conference itself in Prashanti in November.

Your Council is most keen that the majority of preparation for these events will take place locally to you at both Regional and Centre/Group level.

**The Sri Sathya Sai Charitable Trust, that owns our UK Sai Building in Leicester – made possible by your kind donations – has very generously waived any hire charge to the SSSSO UK for holding this our first National Conference there.**

**As a beneficial result of this, only a small charge of £7 is being levied per head to cover food, refreshments and sundries for the day. To focus the day on the year ahead, and to keep costs down, we have decided not to have our usual Keynote Speakers from abroad.** The capacity of the Main Upper Hall is 300 so booking is on a 'first come, first served' basis. I suggest you book early. A 'Delegate Booking Form' has been sent to all Centres and Groups.

You need to ensure that you send your completed form back to your Centre/Group Chair by 21<sup>st</sup> December 2009 along with your payment. We look forward to seeing you there!

**UKCC**

## National UK 85<sup>th</sup> Birthday Pilgrimage

### Prashanti Nilayam

**1<sup>st</sup> August to 9<sup>th</sup> August 2010**

The Sri Sathya Sai Service Organisation UK has been blessed, along with all the other Sai Organisations of the world, to be invited to attend Prashanti Nilayam in the year 2010 as a National pilgrimage. This year will be a very special one with the 85<sup>th</sup> Birthday and the 9<sup>th</sup> World Conference being held at Prashanti in November. All the international pilgrimages will take place right through the year. We have been allocated an official 'slot' for the UK in the Prashanti calendar from August 1<sup>st</sup> to August 9<sup>th</sup> 2010 inclusive.

#### Some Key Points for your better understanding:

- There is no ceiling on numbers from the UK for this pilgrimage.
- Recommended arrival date at Prashanti Nilayam for our Group: July 30th or by noon on July 31st ready to commence the Pilgrimage on the 1st August.
- If anyone arrives later than July 31st they will not be included in the Pilgrimage Group.
- If you wish to travel out in a group, we shall recommend travel agents with whom we shall negotiate rates and also recommend certain flights. You will be notified of this later. However, it will be up to you to manage your booking with them, on the flights recommended. By doing that you may return to the UK on a date that suits you better.
- Those travelling together in a group on the recommended flights will have transport (via coach) made available for them from Bangalore to Prashanti Nilayam however, transport will not be provided from Prashanti Nilayam to Bangalore, you will need to make your own arrangements for this.
- Accommodation at the Ashram will be allocated upon arrival. Each devotee will be assigned to a specific group and will need to consult with the UKCC nominated group leader on all matters pertaining to the pilgrimage. Directions provided by the group leader will need to be adhered to.
- Please register your intention to attend the UK National pilgrimage via your Centre chairs to your Regional chair on the separate Form that accompanies this letter.
- A recommended national Sadhana/Spiritual Practice format will be available from 1<sup>st</sup>

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

January via your Regional Chair and we would encourage you to adhere to this as individuals and as families (whether intending to go on the Pilgrimage or not). Let all members of the Organisation join as one in making this offering!

- You will be required to be with the UK group for the duration of the pilgrimage and thereafter you are at liberty to make your own arrangements.
- In the interests of selflessness we advise that all those who join the Pilgrimage arrive on the specified date and leave as soon as the Pilgrimage ends. This is in order to vacate rooms for others coming in groups from other countries.
- One of the performances that we shall present at Swami's Precious Feet will be by the UK's SSE children. In order to participate, the children must have been already enrolled in an SSE class since September 2009.
- A 'Frequently Asked Questions' list will be compiled and circulated later to help you with any concerns in this process.

**A form where you can register your interest in joining this pilgrimage has been sent out for the Centres and Groups on December 2<sup>nd</sup> 2009 to be returned by January 9<sup>th</sup> 2010.**

UKCC

## CRB Update Meeting

On November 15<sup>th</sup> the CRB (Criminal Records Bureau) Steering Group that comprises: Rosemary Perry (Lead Signatory) and Sharmila Parikh, Kishor Kumar, Keith Sithsabesan, Mukund Patel and Bharat Handa as Counter Signatories, met for an update.

We reviewed our process and our compliance with the CRB regulations. We are working with the direction that we must put forward a steady even stream of names to CRB rather than sudden batches.

If we don't meet our required numbers in this measured way we might lose our status.

Since the summer of 2005 we have processed around 2000 people from within our Organisation to date. We realised that, as often happens, language can lead us all unconsciously into grey areas. Throughout the Organisation it has become common parlance to say that, "My CRB expires in 3 years".

However, this is not the case. Initially, we set ourselves our own personal target for renewal after three years but if you are not resubmitted as an applicant for clearance again within that time it does not mean that

your clearance has expired. Because of the enormous load of names constantly being processed and monitored we are extending our renewal time to 4-5 years. The fact is that CRB clearance takes you up to the date of your clearance document – and not a day beyond it. In effect, anyone's clearance has 'expired' from that date! So let us all speak about 'renewal' dates. Hopefully this alleviates worries for any who were cleared early on in the process and may have felt that their clearance has expired. Sunthar Uthayanan will be brought onto the CRB Steering Group as a Counter Signatory and in charge of Data Storage in compliance with the CRB guidelines and the Data Protection Act. Rosemary Perry will shortly be transferring her Lead Signatory status to one of the other Counter Signatories and leaving the team.

**Rosemary Perry, Lead Signatory, CRB Steering Group**

## National SSE, Spiritual and Youth Wings Joint Announcement

**National Pilgrimage 2010  
SSE, Youth and Musical programmes reflecting  
British Culture**

# Competition!

As part of the UK national pilgrimage to Prashanti Nilayam in August 2010, we have been asked to provide three separate cultural programmes. These programmes are to reflect the cultural heritage of the United Kingdom and can be in the form of drama, recital, dance, music or a combination of all three. The programmes will be performed by (i) SSE Children (ii) Youth (iii) A general Musical Performance

With this in mind the SSE wing, Youth wing and Spiritual wing are asking you to put your thinking caps on, reflect on the richness of British culture and come up with suggestions for possible content.

**This is a competition open to all and we encourage contributions from** SSE children in Group 2 year 3 and above, LOTUSS students, Teachers, Youth, and all Centre and Group members. The scripts / ideas can be written solely by you or a collaborative piece of work within a small group.

**The criteria for the script or ideas are that the scenes / pieces must be:**

- First and foremost, a programme that reflects British culture
- It should represent various aspects of the United Kingdom.
- It must be Value based, and linked to Swami's teachings
- Timings are: Create 10-minute scenes (making a total of 3 x 10 minutes) or a musical medley, which totals 20 to 30 minutes maximum
- SSE Scenes must be for different age groups (noting that large groups of children will wish to participate).

Some suggestions that have been put forward already, reflecting British culture and which you may wish to consider are the following:

- **Literature:**

E.g. Beatrix Potter – Tales of Peter Rabbit,  
Charles Dickens – Oliver Twist,  
Lewis Carroll – Alice in Wonderland,  
JM Barrie – Peter Pan,  
J K Rowling – Harry Potter

George Bernard Shaw's 'Pygmalion' more popularly known as the story of 'My Fair Lady' and the transformation that takes place of Eliza Doolittle,

- **Poetry:** Wordsworth, Tennyson, TS Eliot, Browning, Byron, Milton
- **Artists / Music / Musicians:** E.g. The Beatles, **Sculptors / Great Leaders / Scientists / Monarchy,**
- **Patron Saints** their symbols and leading to the formation of the Union Jack,
- **Landmarks** (such as Big Ben, Nelsons Column, Red Buses of London etc). These are only suggestions and by no means an exhaustive list.

*We want your ideas and to know what YOU would be happy to perform in front of our beloved Lord.*

All entries must be submitted electronically by **Thursday 14<sup>th</sup> January** to us via your Regional Chairs or emailed to:

**sathyaeducation@sssso.org.uk.**

On your submission please specify whether it is for the '**SSE Programme**', '**Youth Programme**' or the '**Musical Programme**'. Further details will be sent out shortly via a letter.

**Above article jointly submitted by:  
Lakshmi Puvanendran, Mathan Arulvel  
and Jey Sivaloganathan  
National Coordinators of the SSE, Youth  
and Spiritual Wings**

## Service Wing

### Our Focus for the 85<sup>th</sup> Birthday Year

In our Quarterly Service Wing Meeting on the 6<sup>th</sup> December, where we were happy to be joined by the National Youth Coordinator, Mathan Arulvel, we came to the overall view that for the busy year of 2010 ahead it would be wise to clear the decks. Therefore for the period up to our National Conference 2010 we want to focus on encouraging all Regions to participate in preparing and painting some of the allocated classrooms of the Sathya Sai School, during the week beginning Dec 28th. This can be done by groups of people/Regions or members of a Centre by taking 'ownership' of a classroom or a particular piece of work and carry it out. Alternative ways of helping out can be financial (we need to buy high quality 300 chairs (approx £3600) for the Conference and for future use in hiring out space in our UK Sai Building. Or there is an opportunity to sponsor through 'Ceiling on Desires' the fitting out of a 'Reading Room', which may cost around £1,000 or providing additional items for the Kitchen and new tables and chairs.

The second exercise is for families and youth to join us on a 'Tree- planting Day' at Coombe Park, Coventry, on the weekend of Jan 23rd and 24th. This will bring us nicely to celebrate our 2010 National Conference and on the road for the August Pilgrimage.

**Kirti Patel, National Service Wing  
Coordinator**

## Young Adult Wing

### 'Ceiling on Desires' Sadhana/Spiritual Practice for Sathya Sai Baba's 85<sup>th</sup> Birthday

The proposed 'Sri Sathya Sai UK Young Adults 2010 Sadhana/Spiritual Practice in Dedication to Baba for His 85<sup>th</sup> Birthday' is to follow His Divine advice of:

**"Ceiling on desires": "Do not waste food, money, energy or time."**

He says:

*"What is the meaning of 'Ceiling on Desires? People become deluded by unlimited desires, and live in a dream world. It is most important to keep one's desires under control, to put a ceiling on them. People are spending too much money. Instead of spending inordinately for their own pleasure, one should be spending for the relief of the poor*

and the needy. This is the meaning of the 'Ceiling on Desires' programme. Do not make the mistake of thinking that giving away money is all that is needed, giving away to others while allowing your own desires to continue to multiply. Curtail your desires, for materialistic desires lead to a restless and disastrous life. Desires are a prison. One can be freed only by limiting one's wants."

And he further says:

"Spiritual love has to be distinguished from love or attachment related to the body, mind or the intellect. The latter are related to the world and are a source of sorrow. True love is pure, selfless, free from ego and is full of bliss. Worldly attachments are not real love at all. They are transient, whereas the everlasting, pure love arises from the heart. How is it that man is unable to recognise this all-pervading love? It is because man's heart has become barren and polluted. The heart is filled with all kinds of desires and there is no room in it for pure, unsullied love to enter. It is only when worldly attachments are expelled from the heart that there will be room for true love to abide in it and to grow."

For us to become "Embodiments of Divine Love", the starting point is the sadhana (spiritual exercise) of sense control. Sense control is achieved by practising placing a 'ceiling' on our desires. By practising this, we learn about the power of our senses and how not to waste either our divine energy or the resources of nature, which are nothing other than a manifestation of God. As Baba says, **"Man is an aspect of society, society is an aspect of nature and nature is an aspect of the Divine"**.

Through exercising control over our senses and desires, we are able to transcend our animal nature and rise to the level of humanness. Through further practicing the Human Values of truth, right conduct, peace, love and non-violence, thereby creating a harmony of our thoughts, words and deeds, we may manifest our divinity – which is pure love: the love we see manifested in and demonstrated by Sai Baba.

**To aid in doing this we recommend reading the book, 'Ceiling on Desires' by Phyllis Krystal, expanded edition 2009, which is available to order direct from: [www.LegendaryPublishing.com](http://www.LegendaryPublishing.com)**

This book is based upon Phyllis Krystal's own interviews with Sri Sathya Sai Baba and it gives practical exercises on how we can begin to transform ourselves and help create a more sustainable future for our home, our

precious mother Earth. Please see the link on: [www.saiyouth.org.uk](http://www.saiyouth.org.uk)

**Neil Bisarya**, on behalf of the **Sri Sathya Sai National Young Adult Committee (UK)**

## Sathya Sai School, Leicester Love All ...Save All

For the last 34 days, the children of Sathya Sai School have been practising '**Ceiling on Desires**'. They have given up some things that they very much like, such as chocolates, sweets, crisps, biscuits, cakes, fizzy drinks etc and the money saved will be given to different charities for Christmas. For example, 'Joy' class (Nursery & Reception) would like their monies to go to a charity that helps children that are badly treated or hurt by others – NSPCC. The little children gave up a different food every week, thereby helping in their own way. This practice has become a regular feature of the school, last February, for Lent they saved more than £500 and this was shared amongst various charities that help children and animals.

The school has also joined in with the '**Shoebboxes for Christmas**' project started by a charity called 'The Samaritans' Purse', where each child covers an empty shoe box with wrapping paper and fills it with toys and goodies for a child abroad who is less fortunate than themselves. It was lovely to see all the children with their beautiful presents ready to give them away to others!

**Prabodh Mistry, Chair, Board of Directors  
Sathya Sai School, Leicester**

## Region 1 Swami's 84<sup>th</sup> Birthday Celebrations

Region 1 celebrated Swami's 84<sup>th</sup> birthday on the 22<sup>nd</sup> of November at Norbury Manor in Thornton Heath, Surrey. It was a windy and cloudy day, but there was definitely an auspicious vibration in the air. The dry autumn leaves were dancing in the wind, celebrating the holy birthday of our loving Lord and the rain brought a fresh feel with it, just as it does on sacred days in Prashanti.

The hall was packed with 300 members of our Regional Sai family. All were happily assembled to celebrate Bhagawan's birthday. On either side of the stage, there was a life-size picture of Swami smiling beautifully and lifting His hands to bless everyone. Swami's chair was skilfully decorated with colourful flowers.

The programme started at 2.45pm with Vedam, Slokas and opening Bhajans, which created a powerful and 'Satwic' (true, positive and good) mood, purifying the entire place.

After the welcome speech, the Region 1 youth presented a melodious musical offering that touched the hearts of everyone present. Whilst 'Avo Sathya Sai Baba' was being sung, one could see the devotees enjoying the song with their faces beaming with joy. Then the youth sang a Q'awali, 'Allah Hu', with a perfect blend of musical instruments and the evening's atmosphere was further elevated. The second item was three sketches and the song 'You are my everything' by the 16-18 year olds from LOTUSS (Life's Opportunity To Understand Life and Spirituality) in the Kingston Sai Centre, compiled by their Youth Co-ordinator. The first sketch was entitled 'Why fear when I am here?' and was about a girl's grief after the passing away of her mother. But then she realised that she still has her 'Sai Universal Mother' protecting her at all times. The second sketch was about, 'The importance of good company'.

It highlighted the fact that our company determines our character and how bad company can lead to our own downfall. The third sketch was about a girl returning from Prashanti and feeling upset as she did not get a nice Darshan. The moral of the story was not to get too caught up on what happens on the worldly/physical level, but to connect with Swami as one's inner Divinity, on a personal and individual level.

Songs by the SSE students of Bromley Sai Centre then followed this. The children's songs included 'Why fear when I am here' and 'Sai Baba take my hand and show me the way'. All were sung with so much sweetness and innocence that one could feel Swami's presence in the hall.

The fourth item in the programme was a drama by Brixton Sai Centre and it was entitled 'Everything has a value'. The story took the children on a journey where they found out that everything in life has a value, even leaves scattered around in the forest. The drama consisted of a perfect mix of singing and dancing that kept the audience very enthralled and entertained.

Merton Sai Centre then presented a drama on the theme 'Matru Devo Bhava and Pita Devo Bhava' which translates as 'Honour your mother and father as God'. Since ancient times, there have been noble mothers who have guided their children on the right path.

In the first story we learned about 'Pundarika' who as well as being a great devotee of Lord Krishna, was also a very good son who devoted his time to caring for his old parents. One day he was unable to go to the temple and Lord Krishna himself, manifested before 'Pundarika' as he was so pleased with the undivided devotion that he showed in serving his aged parents.

The second story was about 'Ishwar Chandra Vidhyasagar', who was born into a very poor family. He was raised solely by his very humble and devoted mother and he grew up to fulfil his mother's three cherished wishes, which were: to build a small school, a well, and medical facilities in their village. This story touched all our hearts as we were reminded of Swami also fulfilling his own mother's three wishes in such a majestic way. The story highlighted the intensity that is required to love and serve our mother.

This wonderful afternoon of drama and entertainment came to an end with a talk from Krishna Subrahmanian, a former Sai Student from Swami's Institute. He humbly reminisced upon the time when he had the privilege of close proximity to Swami's physical form. He spoke about Swami's bhajan 'Manasa Bhajare Guru Charanam' and added that we should be happy with what we have at all times. Our illness, loss or grief is our best Guru (teacher) and we should have firm faith that God will always give us what is best for us.

He mentioned the themes of the day's programme, adding that, as well as every 'object' having a value; every 'action' also has a value. 'All work is God's work', he said, and service should be done quietly as God knows everything that we do. That knowing alone should be sufficient reward.

The birthday celebrations ended with cake-cutting, singing Swami's Birthday songs, closing Bhajans, Arathi and Maha Prasadam (Blessed food). At this point, I have to mention everyone who worked silently and diligently 'behind the scenes' to make the afternoon possible. Thank you to everyone who contributed to making the day a success. Swami says that happiness is union with God and sharing our joy with the Sai family is the best way to reach the Lord that lives in all our hearts. I left the venue feeling very close to Swami and thankful that He had invited me to celebrate His birthday with my Sai Family.

**Pooja Ramburrun, (Shadow Youth Coordinator, Merton Sai Centre)**  
**Article submitted by Raj Rajasingam, Chair, Region 1**

## Region 2

### Global Devotional Singing

With Sathya Sai Baba's Grace and Blessings, Region 2 celebrated the Global Akhanda Bhajans for 12 hours on the 8<sup>th</sup> November 2009, kindly hosted by Southall East Sai Centre. The pure love, devotion and dedication that they showed in the preparations was evident to all those who attended. Due to 'circumstances beyond our control' (but this also gave us an opportunity to love Baba's "uncertainty"!), the programme commenced slightly later than scheduled however the day ended well and was thoroughly enjoyed by all.

It began with the chanting of Vedam followed by group chanting of the Gayatri Mantra. This was specifically done to charge the atmosphere and the environment and render it sacred for the following 12-hour vigil.

As always, it was a pleasure to see everyone working like 'Angels' so lovingly, gently and quietly to ensure the overall smooth running of this auspicious day. Each and every person, each and every task, was important to make the day a success from setting up the venue, including arrangements for the Hall, Entrance, dining facilities and the main altar to coordinating all the Bhajan singers, musicians, Devotees and volunteers from all the various Centres and Groups - and not forgetting all the silent workers in the background.

Spiritually uplifting Bhajans were sung throughout the day, by all the devotees ...but the highlight of the day was when the SSE children sang and 'melted our hearts' with their tender, soft and sweet voices when they sang their songs for our Beloved Lord Sai.

On the stroke of 11am the gathering came together in paying their respects on this Remembrance Sunday by remaining silent in contemplation for one minute.

It was good to see familiar and new faces across the Region coming together to sing God's names, offering their segment with such dedication and devotion. It was especially reassuring to have the silent and strong support of all the past Office Bearers who have built the very solid foundations of our Region. We are mindful of all the hard work they did in the past for our Region and this has built a strong platform upon which, all the current Office Bearers stand tall today. May Baba Bless us all so that we may continue to maintain and strengthen the love, support and relationships we currently have so that we become ideal instruments for Him to spread His unconditional Love and Light so

that we can achieve Global Peace and Harmony throughout the whole of Humanity. May all the beings of all the worlds be happy.

**Written jointly by:**

**Bhadra Patel, Region 2 Spiritual Wing**

**Coordinator Shadow and**

**Senthil Kumarathevan, Region 2 Spiritual Wing Coordinator**

**Article submitted by Kavita Trivedi, Chair, Region 2**

## Region 4

### Coventry Food Parcel Collection for Croatia

For the first time, Coventry Centre had undertaken the collection of food parcels for the refugees and needy people in Croatia on Sunday 25<sup>th</sup> October. This is different to Christmas food parcel collection, which has been ongoing for over 13 years.

We are happy to say that many devotees, including their friends donated food parcels before the date at our Service Wing Coordinator, Kailasben's home. Few devotees who were away or unable to deliver on the day had given her the money and she kindly did the shopping on their behalf online. As a result of this, 30 crates of food items were delivered at 10pm to her home, where everything was sorted into separate empty boxes, which had been kept ready beforehand - a total of 25 parcels were packed on that day. Bags of food items were also given to her beforehand, which were boxed up totalling 42, in this way 50% of the work was completed.

It is the Almighty who has given courage and strength to our Service Coordinator to complete the task successfully. That's why our Swami says '*Take one step towards Me, I'll take hundred steps towards you*', and we know that he will look after the rest. He is there to see where, when, what has to happen. So, "Karma kar, Phal ki icha mat kar".

On the day, three volunteers helped load the cars with 42 boxes of food parcels, which were then taken to the hall.

One by one, the devotees came to the hall with their parcels. Some were boxed and some had to be boxed by the volunteers helping there, making a grand total of 82 parcels.

Bob Parfitt, a representative of Refugee Relief Camp arrived from Wellingborough at 2:45pm to collect the food parcels, which were then loaded into his van by 3.30pm. The parcels will be delivered to the needy in Croatia by the end of November.

The more God gives us the more cheerfully we should serve him. Thanks to all who actively participated.

**Radhika Vernekar, Coventry Sai Centre**

## **Coventry Centre Ladies Event 14<sup>th</sup> November 2009 Theme : 'Forgiveness'**

All those attending this event were warmly greeted by their Sai sisters. Once seated in the tranquil and energising atmosphere lit by the candles on Swami's altar, the event began with three Oms and a prayer.

Sisters Kalpana, Lucy and Vina enacted a play highlighting the ways in which we are quick to judge others, criticise them, but we ourselves are reluctant and fearful of looking within our at our own reflection, our own faults and weaknesses.

The moral of the play gave us an awareness of how easy it is to be judgemental, critical, inconsiderate and 'unconscious' of the quality of our thoughts.

Kalpana gave a short introduction to set the theme on understanding 'Forgiveness'. Her words of wisdom set the scene for the workshops:

"We are going on a personal journey into our self. It is experiential and the journey itself is more important than the destination. For some people, forgiving can be easy, for others it can be difficult and can be a very slow process in removing the hurt caused, pain, fear, blame and resentment".

Kalpana made a very powerful statement that we might not know HOW to forgive others, or not WANT to forgive them, but just to be *WILLING* to forgive is in itself the beginning of the healing process. Forgiveness is the purification of the soul. In order to move on we must learn to surrender and accept where we are 'NOW' in our lives.

Inspiring words were presented which focused us on 'Forgiveness':

**For** loving thyself, **give** in to peace, and remove the **sadness**.

Adds up to: **For-give-ness**

(You can't be more direct than that!)

It was time for the practical sessions, and everyone split up and went to their allocated workshops.

Vina's workshop focused on understanding (in depth) **what** 'forgiveness' actually is.

She spoke about the different steps involved in Forgiveness, and how they can be implemented in your life. The group was divided up into pairs (or threesomes), and asked to compliment their partner/s in a genuine, honest, sincere and heartfelt manner.

The purpose of this exercise was to recognise how compliments given by others can sometimes be difficult to receive, to notice how one feels upon hearing such a compliment, and consciously acknowledge the emotions felt by these 'words of truth'.

We all gathered together, and a slip of paper was handed out to everyone in the group. We were asked to write a personal note to someone whom we felt we needed to forgive. The slips of paper were collected, and then offered at the Lotus feet of Our Swami.

The second workshop was conducted by Lucy, and she focused on the **word** 'Forgiveness' itself.

She asked the question, "What does 'Forgiveness' mean to you?". A group discussion began with each individual given the opportunity to express their point of view. Some of us spoke of our own personal understanding and experience of this subject. Various coloured pencils/felt pens were provided for us along with some A3 paper. We used these items to express in 'Art form' our personal understanding of the word 'Forgiveness'.

This exercise gave us the opportunity to look within ourselves, and draw whatever inspiration came into our consciousness. Lucy recognised that none of us were professional artists, but encouraged us to share our drawings with others in the group. Each drawing was a personal interpretation, and reflected the many ways and ideas of expressing 'Forgiveness'.

Our special guest speaker Bharathi Sangani from Derby – a graduate from Sai Baba's University inspired us by sharing her own experiences of 'Forgiveness'. She gave us powerful messages to take away with us. She shared an incident where Swami himself was apologising and saying "I'm so sorry!" to a student to who he had accidentally made a mistake. Our Bhagawan, in human form, was showing us, by his example, how easy and simple this act of admitting to others that you have made a mistake can be, and asking for their forgiveness with pure love and humility.

Our second special guest speaker, 'Lady Godiva of Coventry' began her talk with a Lady Godiva prayer. Later, she spoke eloquently about the history of Lady Godiva, and expressed her gratitude for having been chosen for this powerful and fulfilling role as a representative of Coventry. She spoke with charisma, confidence and clarity, and brought an awareness of the inner strength and spirit that all women possess. She encouraged all ladies to recognise their true potential, and



aspire to their innate qualities and capabilities.

The programme concluded with energising and uplifting songs sung in unison.

After mouth-watering refreshments, a souvenir 'bookmark' was given to all attendees quoting Baba's message on 'Forgiveness'. What a delightful gift, and personal reminder to live with peace, forgive others, heal yourself and be FREE!!!

Finally, we thank God for giving everyone the strength and guidance to make the event successful, fruitful, inspirational and very enjoyable!

## Looking to a Green Future in Coventry

Swami says, "Hands that help are holier than lips that pray". And this year, as a celebration of Swami's 84<sup>th</sup> birthday, the Coventry Centre hosted a beautiful offering of 'Service as a Divine Birthday Present' by a 'Tree Planting Project' at Coombe Abbey Park, in Coventry'. The planting was set over two days, the 21<sup>st</sup> and 22<sup>nd</sup> November. With over 2,500 trees to plant, we were determined to help the park out as much as we could.

With forecasts set for 'rainy, wet, cold and stormy' for the entire weekend, we were hesitant but knew that Swami was testing us. So, to the park we went; raincoats on, wellies in hand, and an early start at 8.30am. Volunteers from all over the UK: Birmingham, Sathya Sai School Leicester, London, Rugby, Wolverhampton and Coventry all turned up ready to plant. The age of the volunteers ranged from the youngest child who was about 3 years old (a very cute little girl!) to our older devotees.

This was no 'back garden planting'; with wet upturned ground as deep as half a meter in places, and heavy compost buckets to carry, this was not going to be easy! Each tree needed 2-3 people working on it in order to work efficiently; some devotees dug up holes for each of the trees, others carried the soil to the holes, positioned the trees straight, put the compost on, and topped up with our Mother Earth's rich soil which resembled clay. Although it was difficult to walk on this soil, everyone joined in enthusiastically and worked efficiently and quickly. There was a great spirit of teamwork and unity throughout this beautiful offering of service. What a fun and rewarding way to spend Baba's birthday! There were several varieties of trees that were planted: Oak (*Quercus Robur*), Ash (*Faraxinus Excelsior*), Scots Pine (*Pinus Sylvestris*), Field Maple (*Acer Campestre*) and Sweet Chestnut (*Chrysolepis Chrysophylla*).

Five different colour-coded sticks were inserted into the ground to ensure accurate planting.

By midday, appetites were high and tummies were rumbling. Lunch was served in the marquee - hot kichari and kahdi, piping hot soup and bread, delicious cake with cream and fruit; all lovingly prepared by the Coventry devotees. Just right for warming everyone up!

Back to the planting: more and more devotees joined us in the afternoon with the Young Adult Wing males helping with the heavy work of digging out the holes, carrying the compost. The young children and ladies wrapped the trees with the plastic wrapping to help keep the trees straight. Within no time, it seemed, over 500 trees were planted ready for Mother Earth to nurture them. Although we were supposed to work till 4pm, we had finished planting by 2:30pm... it was good teamwork.

The final day of planting saw just fewer than 500 trees, so in total we managed to plant 965 trees. We hope to plant more trees in upcoming projects for the park in 2010.

What a beautiful offering to Sai Baba on his 84<sup>th</sup> birthday. Everyone enjoyed this service whether 'young' or 'old'. A special thank you to all the children who worked so hard on both days...

Thank you Baba and Mother Earth for giving us this opportunity to serve you.

**Yatisha Lad and Malaben Patel,  
Coventry Centre**

## Serving Songs and Food for the Soul

In addition to the tree planting service activity, we had the privilege to entertain the residents of a local nursing home and also cook and serve food for the homeless people of Coventry.

Straight after the tree planting on the 21<sup>st</sup> November (Day 1 of it), 17 volunteers arrived at the nursing home to sing for them. Many of the elderly residents suffer from dementia so we were informed that 'music therapy' is something that is beneficial to them hence the decision to sing for them.

Eight children, led by Vinaben on the keyboard, sang and played beautiful songs to uplift the soul. The group of children, aptly named 'Sai Angels', had previously presented their songs in Coventry Cathedral; such is the quality of their performance. They truly did sing like angels!

The feedback from the residents was very positive and they thanked us for the singing

and commented how on well behaved the children were.

Following the songs, we spent time talking to the residents until they had to be moved for their evening meals.

They loved the 'entertainment' so much that the children have already been invited back to sing again!

On the morning of the second day of the tree planting, another service activity ran simultaneously, serving the homeless. Over 50 people were served a hot meal of rice and curry, buttered bread, cake (for Swami's birthday) with custard and plenty of hot drinks. The atmosphere was really charged with love whilst the food was cooked and during the serving with such ease and harmony.

The weekend was a great success for Coventry, celebrating the day by putting Swami's teaching into practice through service to our community.

**Dharmishta Lad,  
Coventry Centre Assistant Service  
Coordinator**

## Birmingham Sai Centre

Though September and October became somewhat a mellow blur of a promised 'Indian summer', the Centre managed to somehow squeeze in some notable celebrations. From the significance and merriment of 'Navaratri' in reverence to Mother Durga, the Muslim festival of 'Eid', Buddha day (where we had a Buddhist monk as our guest speaker), to the ushering in of Divali, the Hindu New Year all followed by the Jewish New Year - all got a mention and hearing.

However, the best was reserved for the last in the month of November and that, of course, was Akhanda bhajans followed in a trot by Swami's advent on the 23<sup>rd</sup> of November. After some worrying hiccups on the Akhanda bhajan dates and venue, plans eventually took form, particularly as the Centre was acting host to Wolverhampton Sai Centre, having agreed this time to join forces and making it a 'tour de force'!

There followed lengthy planning and re-planning regarding holding the 24 hour Akhanda bhajans but with Swami's grace all worked like clockwork, with the two Centres operating as one Sai family. It helped further that our Akhanda bhajan venue, the lovely Victorian home of an ardent devotee of Baba and used by the Centre for many a year, was still available especially after the dates debacle.

And so, eventually arrived the day of Saturday 7th of November, which for a number of devotees started in the very early

part of the morning. On arriving, this home became a hive of activity with devotees scuttling to set the scene, the altar, organise the kitchen, the food and all the other facilities in time for the auspicious 12.30pm afternoon start. In very little time, everything was poised and ready, with Swami's altar taking the focus, beaming majesty and sacredness. Come 12.30 and everyone was silently seated in our first stride towards the 24-hour session, which began divinely with 21 Oms, 21 Gayatri Mantras and Vedam, followed by the reciting of Swami's 1008 holy names in line with offering rice grain at Swami's feet, symbolised by 'Paduka' for all devotees present. Then came the moment everyone was eagerly waiting for – a Ganesh bhajan! This was the signal for the grand opening of the singing. One and all, from the SSE children of both Centres to the promising youth and the adults, sang to their soul's content and joy.

...As to where the time went is anyone's guess. For, with the support and conviviality of both Centres and all the devotees, Sunday the 8th came round in a flash! Soon, it was time to bring to a close what was an incredible mellifluous medley of the various names of God and His glory, which was concluded by the offering of Arathi.

By the end, everyone was bathed and suffused with Swami's love and energy. Delightful Maha Prasadam was served, eaten and enjoyed by everyone. Then, once again, the place was a hive of activity, when, like busy bees, everyone helped to clean, clear and put the home that hosted us for two days back to its normal form. With varied emotions and sweet farewells, all left with fond memories of Akhanda bhajans 2009 the year that was.

With only brief respite, the Centre got working for Swami's advent. This year, it was decided that alongside the celebrating there would also be some form of a 'birthday prezzie' in the way of 'Seva' (service). Our Centre agreed to give its time on the 21<sup>st</sup> and 22<sup>nd</sup> by planting tree saplings at Coombe Park in Coventry. Well, a small number of our brave members went and helped plant about 965 tree saplings, which in service terms was a superb achievement. All this in light of Lord Indra's wrath that weekend, with lashing rain, gales and treacherous planting conditions. Baba kept the rain away most of the day. The volunteers' resolve showed dedication, discipline and faith in their marking of Swami's birthday in such a long-term way and their efforts are greatly admired and appreciated.

Although Swami's birthday is usually celebrated on the 23<sup>rd</sup> of November, the Centre decided to hold its own festivities on Friday the 27<sup>th</sup>. On this occasion, our aspiring SSE children and their teachers/Gurus started the Group Devotional Singing. These SSE children sang some lovely songs, followed by those of the adults.

...And as we drew nearer to the end of the celebration, we sang such a joyous Birthday song that it really was fit for Swami!

No birthday is ever complete without a cake so a small cake cutting ceremony was performed by the SSE children and later consumed by all - a yummy vegetarian cake so lovingly baked by one of our SSE teachers. In a few weeks time this year, like so many before it, will swiftly come to an end. 2009 and all that occurred during it, will be history. The inhabitants of Mother Earth will greet another new year, bringing with it new hope, new changes, new dreams and renewed energy. We, in turn, ask Swami to bless us to carry on as His instruments and as always with His love, in His love, by His love!

**Raju P Gadher, Birmingham Sai Centre**  
**All articles submitted by Ramesh Mistry,**  
**Chair, Region 4**

## Region 5

### Northwest Sai Centres' Akhandha Bhajans

Akhandha Bhajans (Global 24-hour Devotional Singing) was conducted on Sunday 8<sup>th</sup> November at Broadoak Community Centre, Ashton-under-Lyne. The Bhajans began with Vedam (ancient sacred Sanskrit prayers) chanting led by the Greater Manchester Vedam Group. Many devotees from the surrounding Centres participated in this annual global event and remembered Swami's words about the significance of it: "Today we are having the Akhandha Bhajan. This is being done not for the sake of one individual, one nation or one community.

It is for the welfare of humanity as a whole. The bhajans that are sung permeate the ether in the form of sound waves and fill the entire atmosphere. Thereby, the whole environment is purified. Breathing in this purified atmosphere, our hearts get purified. Reciting the Lord's name is a process of give and take. Singing the Lord's name should become an exercise in mutual sharing of joy and holiness. It should be remembered that the sounds we produce reverberate in the atmosphere. They remain permanently in the ether as waves and outlast the individual uttering the sounds."

**Harsha Parmar**

ukccnews@hotmail.co.uk

### Northwest Sai Centres' Celebration of Ladies' Day and Swami's 84<sup>th</sup> Birthday

On Sunday 29<sup>th</sup> November, Ladies' Day and Swami's Birthday was hosted in a joint programme by Ashton-Under-Lyne Sai Centre, at the Indian Community Centre in Ashton.

Ladies' Day was celebrated in the morning, beginning with the ladies offering flowers to the Mother of the Universe, whilst Vedam were being chanted in the background. This was followed with a 'Swagatam' (Welcome) song sung by Sisters Gayathri Nadella and Saraswati Arunkumar, both graduates from the Sri Sathya Sai University in Anantapur. The guest speaker for the morning was Sister Gayathri, who gave a moving speech on what Swami says on the role of the mother and parenthood. She emphasised the need to correct your children when they make mistakes in order to improve their character and lead them on the right path in life. The young ladies of the Greater Manchester Youth group performed a musical narration of one of Swami's Ladies Day discourses, where they spoke of the sacrifices that women have made throughout times for the well being of their families. The SSE children of Warrington and Manchester presented an informative and well-delivered talk on 'Great Women of the World'. The morning celebrations closed with a small bhajan session led by the 'aunties' of the surrounding Centres.

A delicious lunch was provided for all by a group of very hardworking devotees who had spent the morning preparing and cooking the food. An exhibition on Swami and a small bookshop were available for people to see during the lunch break.

Swami's Birthday was celebrated in the afternoon and began with the young men of the Greater Manchester Youth Group surprising everybody with an uplifting 'Nagarsankirtan' (a perambulating singing group) around the hall! The afternoon programme was a musical celebration of Swami's life and message, beginning with the prophecy of Shirdi Sai Baba and incorporating many aspects of Swami's life, such as education, health and the amazing water project in India. Some very talented young actors and actresses helped to portray Swami's life and message, whilst their older Sai brothers and sisters provided music, singing and the technology to make the celebrations vibrant and memorable! Some very creative devotees produced magnificent props that were used on stage such as a

lizard and her sister, and a cobra that moved under baby Sai's bed of palm leaves! The guest speaker for the afternoon was Krishna Subramaniam, a graduate from the Sri Sathya Sai University in Prasanthi. He gave a wonderful account of his experiences as a student at the University and gave us all food for thought. He spoke of Swami's immense love and kindness for all of us, and about how we should try and lead our lives to be examples of His teachings. Sanjay Vaja (former R5 Chairperson) concluded the musical celebration by giving his personal experiences on how Swami says 'Your life is my message'. He asked us all to first say 'hello' to the person sitting next to us (...this was easy enough!), then he asked us all to say 'Hello God' to the person sitting next to us, for Swami says we are all God (...this was okay!), and then, he asked us all to touch the feet of the person sitting next to us to acknowledge the divinity within each and every one of us ☺

The programme concluded with bhajans and the lively Q'awali 'Tere bin sune zindagi' which led into the Birthday song and the birthday countdown! The children of the surrounding Centres then cut Swami's Birthday cake. The day of celebration for Our Divine Lord, ended with Arathi and distribution of Vibuthi Prasadam.

**Harsha Parmar**

## Leeds Birthday Celebration

The Leeds Sai Group celebrated our beloved Swami's 84th birthday on Monday 23rd November 2009 at the Leeds Hindu Mandir, where we started at exactly 7.30pm with a 'Swagatam' (Welcome) song to our beloved lord and went straight into Bhajans, the Birthday song and Arathi. The celebratory evening was concluded with a closing speech by one of our youths, Amit Patel, who reminded us of our divine mother's cosmic power, by narrating a lovely story of one of Swami's 'Leelas' (cosmic plays). One evening on the banks of the Chitravathi River when the sun had set, Swami asked some devotees if they wanted to see the sun rise again, and at their request Swami demonstrated His power over nature by making the sun rise again at dusk! When the sun rose stronger and brighter, the devotees felt the rays of the sun scorching them and requested Swami to stop. Swami then asked them if they wanted to see the moon rise. At the assent of the devotees Swami made the moon rise, and as the moon rose in all its beautiful white glory, the devotees started to feel extremely cold and again asked Swami to stop. As the cold

subsided, Swami then asked if they wanted to see the Third Eye. When the devotees curiously agreed, Swami's body was suddenly nowhere to be seen and the devotees saw Swami's head appear in the sky, gigantic and with a large fiery eye stretched across it brilliantly emanating fiery sparks from between His eyebrows. The devotees were terrified, some even falling unconscious and weeping in shock. When Swami came back to normal and gently patted the devotees, applying Vibhuti to their foreheads, He explained "You have been praying for a glimpse of this Third Eye for many past lives and in response I showed it to you. What you saw was less than even a thousandth of its true power as you would not have been able to withstand its full brilliance!"

This incident reminds us of the glory of the Full Avatar's divine power to not only be able to control the forces of this world, but also the entire cosmos! The fact that we are living in the same day and age as the divine avatar and being granted His 'Darshan' (having sight of a Divine incarnation), 'Sparshan' (sense perception of a Divine incarnation) and 'Sambharshan' (hearing the voice of a Divine incarnation) from time to time, makes us all so truly blessed, a feat we have all achieved over the toils of several lifetimes. Our Beloved has shown us all so much love and affection and in order to return even a thousandth of our Mother's love it is imperative that we do everything in our power to make Swami proud of us and become pure instruments of His divine mission.

**Sandhya Narayanamurthy**

**All articles submitted by**

**Harish Thampy, Chair, Region 5**

## Region 7

## Swami's 84<sup>th</sup> Birthday Regional Celebrations in Swindon

The Punjabi Hall in Swindon, nestled behind the Sikh Gurdwara, was the venue for the Region 7 celebrations of Swami's Birthday on Sunday 22<sup>nd</sup> November. As we entered the hall our eyes rested on the most beautiful altar on the stage.

The event began with beautiful Vedic chanting which instantly elevated the spiritual energy in the hall. Whilst the chanting continued, the SSE children of the Region brought Swami into the hall in a beautifully decorated chariot. As the theme for the day was 'Gratitude', each child also had with them a little hand-made basket with a note of gratitude in it,

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and as they came to the stage they offered it at Swami’s Lotus Feet.

The children then sat down and sang bhajans followed by delightful devotional songs by Kathryn Crossweller.

The main speaker for the day was Dr Venkat Reddy, who has recently come to the Region from Australia where he was the National Youth Co-ordinator, from 2006-2008.

He spoke about ‘Sai Ideal Human Life’, most eloquently from his heart, emphasising Swami’s message that, “The one who owns the love of God is the true man”, and that we must all cultivate deep love and passion for God.

This inspiring talk was followed by some elevating bhajans by the group ‘Anahata’ (Zita Starkie and Richard Braithwaite), which were thoroughly enjoyed by one and all.

Then, some of the Centres and Groups from the Region presented short skits, poems and a meditation on the theme of ‘Gratitude’. After that all the audience participated in a most enjoyable game called ‘Spiritual Scrabble’ which was prepared and led by Patrick Shaw, Region 7’s very own game master!

This was then followed by more bhajans and the Grand Finale of the day, which everyone was waiting for - particularly the children! Everyone joined in the singing of Swami’s Birthday song and Swami’s cake was brought in with lighted candles! At the same time the confetti canons went off and bubbles from bubble machine covered the children and the whole hall reverberated with joy and happiness as the day came to a close with Arathi to Swami.

Thank you Swami for such a fabulous and joyful afternoon!

**Nirmala Pisavadia, Vice-Chair, Region 7**

### Sathya Sai Bookshop

The bookshop has a regularly updated website. Please visit it at:

[www.srisathyasaibookcentre.org.uk](http://www.srisathyasaibookcentre.org.uk)

**DVDs are often being compiled and released along with new interesting books**

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Love and Light SSSSO UK Diary Dates 2009/2010		
Month	Date	Event
December	12th/13th	Regional Meetings
2010		
January	14th	OB Changeover Day
January	30th	National Conference
February	6th/7th	Regional Conferences
February	12th	Mahashivaratri
February	27th	1st Quarter UKCC Mtg
February	28th	National Wing Meetings
March	6th	SSE Carousel Training Day
March	13th/14th	Regional Meetings
March	20th	UKCC Project Mtg
April	10 th/11th	National Youth 2-Day Conference Jointly with Ireland
April	24th	UKCC Project Mtg
May	16th	National Spiritual Carousel Training Day
June	12th	2nd Quarter UKCC Mtg
June	13th	National Wing Meetings
June	26th/27th	Regional Meetings
July	3rd/4th	Regional SSE Family Values Days
July	17th	UK Pre-World Conference - London: 'Sai Ideal Human Life' (whole day)
July	18th	UK Pre-World Conference - London: 'Sai Ideal Human Life' (half- day) <b>TBC</b>
July	24th	Guru Purnima
August	1st – 9th	National UK Pilgrimage to Prashanti

## The Oxen Thomas Hardy

Christmas Eve, and twelve of the clock.  
"Now they are all on their knees,"  
An elder said as we sat in a flock  
By the embers in hearthside ease.

We pictured the meek mild creatures  
where  
They dwelt in their strawy pen,  
Nor did it occur to one of us there  
To doubt they were kneeling then.

So fair a fancy few would weave  
In these years! Yet, I feel,  
If someone said on Christmas Eve,  
"Come; see the oxen kneel

"In the lonely barton by yonder coomb  
Our childhood used to know,"  
I should go with him in the gloom,  
Hoping it might be so.

Hear this poem sung as a  
Christmas Carol on:

<http://www.youtube.com/watch?v=AcgEhnTFfu0>

## O Come All Ye Faithful

O Come All Ye Faithful  
Joyful and triumphant,  
O come ye, O come ye to Bethlehem.  
Come and behold Him,  
Born the King of Angels;  
O come, let us adore Him,  
O come, let us adore Him,  
O come, let us adore Him,  
Christ the Lord.

O Sing, choirs of angels,  
Sing in exultation,  
Sing all that hear in heaven God's holy  
word.  
Give to our Father glory in the Highest;  
O come, let us adore Him,  
O come, let us adore Him,  
O come, let us adore Him,  
Christ the Lord.

All Hail! Lord, we greet Thee,  
Born this happy morning,  
O Jesus! For evermore be Thy name  
adored.  
Word of the Father, now in flesh  
appearing;  
O come, let us adore Him,  
O come, let us adore Him,  
O come, let us adore Him,  
Christ the Lord.

To hear this sung go to:

<http://www.youtube.com/watch?v=1eLDvM7eSq0>



## O Holy Night!

O Holy Night! The stars are brightly  
shining;  
It is the night of the dear Saviour's birth.  
Long lay the world in sin and sorrow  
pining.

Till He appeared and the Spirit felt its  
worth.

A thrill of hope the weary world rejoices,  
For yonder breaks a new and glorious  
morn.

Fall on your knees! Oh, hear the angel  
voices!

O night divine, the night when Christ was  
born;

O night, O Holy Night, O night divine!

O night, O Holy Night, O night divine!

Led by the light of faith serenely beaming,  
With glowing hearts by His cradle we  
stand.

O'er the world a star is sweetly gleaming,  
Now come the wise men from out of the  
Orient land.

The King of kings lay thus lowly manger;  
In all our trials born to be our friends.

He knows our need; our weakness is no  
stranger,

Behold your King! Before him lowly bend!  
Behold your King! Before him lowly bend!

Truly He taught us to love one another,  
His law is love and His gospel is peace.

Chains he shall break, for the slave is our  
brother.

And in his name all oppression shall cease.  
Sweet hymns of joy in grateful chorus

raise we,  
With all our hearts we praise His holy  
name.

Christ is the Lord! Then ever, ever praise  
we,

His power and glory ever more proclaim!  
His power and glory ever more proclaim!

[http://www.youtube.com/watch?v=FK1to\\_cATuU](http://www.youtube.com/watch?v=FK1to_cATuU)

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