



All is One....

Dear Readers,

Sai Ram. It was so wonderful to see so many familiar and new faces at our National Office Bearers' Conference on Saturday 4th February in Stanmore. Thank you for your emails and phone calls to say what a good day it was and that you left inspired with a feeling of Oneness.

Over the weekend I was looking back at what the Sai Organisation did during 2005 and one of the events that stood out for me was our pledge to provide volunteers for the 2012 London Olympics. Wouldn't it be wonderful if the 5 rings represented the 5 Human Values? London will be hosting the Olympic Games during the last 16 years of Swami's physical form and wouldn't this be a fitting tribute to HIM?

I was reading about the Olympics and came across the 'Olympic Anthem' that was written in 1896 by the Greek poet Kostis Palams in 1896, 'Oh! Ancient Spirit Immortal, Pure Father of Truth, Goodness and Beauty (Sathyam Shivam Sundaram!), Come down and manifest Your Divine Brilliance, To glorify your own land and Heaven'... I wonder to whom they were referring!

February will be another active month in the Sai Calendar with the Open Evening for the National Youth Pilgrimage 2006 on the 18th and the Regional Satsangs taking place across the UK simultaneously over the last weekend (see details further on).

I hope to see many of you during the February programmes.

Love & Light

Shobhna Patel, UK Chair

R1 Centre is 25 Years Young!

Merton Centre celebrated its 25th anniversary on the 1st of January. The celebration started on the night of the 31st with 'Gayatri Homam' followed by the recitation of 1008 Gayatri mantras.

On the evening of the 1st there was a cultural programme by the SSE children and the Youth provided musical programmes in a presentation covering the past 25 years.

The guest speaker, Mr Adrian Arnold, was from the local Interfaith Group.

Keith Sithsabesan, Chair Region 1

Region 3 Spiritual Celebration of the Chinese New Year (Year of The Dog)

The SSE team and Sai Youth of Milton Keynes Sai Centre joined hands to celebrate the Chinese New Year on Sunday 22nd January 2006. The aim of the programme was to extend our hands to our Chinese brothers and sisters in the spirit of universal love and oneness. The programme included Chinese devotional Songs sung by the Youth, a talk by Mr. Stephen Ooi (Youth Coordinator for the Central London Sai Centre) on the traditions of the Chinese New Year, a talk on Chinese Dragons by Rupom (SSE student) and a play by the SSE team on the origins of the 12-year cycle. The hall was decorated with Chinese lanterns and decorations. Chinese Mahaprasad was served after the Aarati.

The event was a great success and helped not only to educate the Centre members but also served as a catalyst to invite members from the local community to join in the celebrations.

Kishor Kumar, Region 3 Chair

National UK Youth Pilgrimage 2006

Open Evening

18th February 2006

'Dare to Be'

6pm (Sharp) Opening Ceremony

Venue: www.saiyouth.org.uk

The Open Evening will be a short programme of soul stirring Bhajans, uplifting media presentations, comedy sketches and inspirational speeches. Come, experience and decide for yourself if you want to embark upon a journey that will transform your life.

"End? No, the journey doesn't end here. This is the beginning, just another path, one that we all must take.

The grey rain-curtain of this world rolls back, and all will turn to silver, and then you will see HIM..." - Gandalf, Lord of the Rings

"You would not have called to me unless I had been calling to you" - Aslan, The Chronicles of Narnia

Shitu Chudasama, National Youth Co-coordinator

Website Designer

The National Website team still urgently requires a website designer to help with further development.

Please contact: ksithsabesan@sonangol.co.uk

Region 1 Satsang

Region 1 Satsang will be held on **Saturday 25th February 2006** at Riversdale Primary School, starting at **6pm**. Regional Maha Shivaratri will be observed at the Sai Mandir on the 26th February from 8pm – 6am.
Keith Sithsabesan, Chair Region 1

Region 2 Satsang

'Sadhana Evening of Work and Worship'
Region 2 Satsang will take place on **Saturday 25th February 2006, 5pm to 8pm**, at Sai House, 167 Imperial Drive, Rayners Lane, HA2 7JP. Registration is taking place through Region 2 Centre / Group Chairs for this very special evening. We, as a region will come together and take a trip down memory lane, through the past year of 2005, and celebrate all that we, as instruments of Swami, have achieved with will power, hard work, team spirit and of course His grace. During the evening we will listen and decide on the Sadhana to be taken forward in the coming year, while getting a chance to catch up with one another during a lovingly prepared meal and listening to the sweetest of melodies.
Satesh Melwani, Chair Region 2

Region 3 Satsang 'Back to Basics'

Region 3 Satsang will be held on **Sunday 26th February 2006** between **9.30am to 4.30pm**. This will be held at the Christchurch School, Wellesley Road, Ilford, IG1 1Q. This is expected to be an exceptional programme, which will commence with Vedic Chanting, by our talented Youth, to instil the Prasanthi Nilayam atmosphere and to welcome Swami. The showing of the first part of our two-part DVD from the NOBC 2006 and the 8th World Conference will follow this. Our special guest speakers will be Sai Students from Prasanthi Nilayam, who are currently residing in the UK. There will be 'free thinking' sessions held during the morning to go through our regional work plans as provided by the National Wing Coordinators. For those parents wishing to attend the work plan review sessions, a crèche will be provided to keep the children occupied. Our culinary artist, Sister Suribhi, will provide lunch. In order to burn off some of those additional calories, the first activity of the afternoon will be an adult and children interactive team-building session, followed by a short dynamic performance by the children of our Region 3 SSE School. The majority of the afternoon will be dedicated towards celebrating this auspicious day of Maha Shivaratri.

Kishor Kumar, Chair Region 3

Region 4

'80 Years of Love in Action – Back to Basics'
Region 4 Satsang is on **Saturday 25th February 2006** from **10am to 4pm** at Ernesford Grange School & Community College, Princethorpe Way, Coventry, CV3

2QD. There will be: Vedic Chanting, a guest speaker, a review of activities in 2005, showing of a Video, Wing Workshops and formulation of work plans for 2006. All R4 Centres / Groups are celebrating Shivaratri in their respective venues on Sunday 26th February 2006
Mukund Patel, Chair Region 4

Region 5

'The Way Forward'

Many Centres in R5 have already prepared for Shivaratri celebrations during the day and evening of the 26th. I will send out copies of the Wing plans during the next few days so that Centres and Groups can discuss their preferred course of action. I should get feedback from everyone before the 26th, which I'll compile and discuss, at the next UKCC. On behalf of everyone in Region 5 I would like to say a big thank you to Sanjay Vaja for his hard work as Chair, Region 5.

Yogesh Solanki, Chair Region 5, region5chair@aol.com

Region 6 Satsang

17 Active Workers and Office Bearers past and present from Region 6 attended the NOBC.

The **Region 6 Satsang** is being held on **Sunday 26th February 2006** at Chapel Hall, Loddon Bridge Road, Woodley, Reading, RG5 4GB, from **10am to 4pm**. The programme will include Wing presentations and workshops, a talk on the Sathya Sai Schools by Prabodh Mistry, the NOBC / Youth films and a shared lunch. We will also be celebrating Maha Shivaratri with some chanting of the Vedas led by Southampton Group and ending the day with Devotional Singing.

Philippa Malcomson, Chair Region 6

Region 7 Regional Satsang

"Awaken in man the awareness of the Divinity inherent in him."

11 people attended NOBC from Region 7.

The **Region 7 Satsang** will be held at Patchway High School, Hempton Lane, Almondsbury, Bristol, BS32 4AJ on **Saturday 25th February 2006** from **10am to 2.30pm**.

The day will include:

Sai Teachings on Practical Spirituality – Feedback from the National Office Bearers' Conference – Inspiring Talks – Presentation by SSE Children – Interactive Sessions – Devotional Singing – Video and more!

There will be a shared lunch.

All from Region 7 are welcome.

(NB: children's SSE classes will continue as normal on the day.)

Jey Sivaloganathan, Chair Region 7

Diary Dates

UKCC / National Wing Meetings: Quarterly

ROBCs: Details on this page

Maha Shivaratri: Sunday 26th February 2006

Love and Light

SSSSO (UK) – monthly update



9th February 2006

SPECIAL FEATURE

National Office Bearers' Conference 2006

This annual event that brings together primarily office bearers from the Organisation but also, if space will allow, some 'active workers' was held this month on Saturday 4th at Bentley School, Stanmore. The Planning Group had been carefully preparing for some time and a team of volunteers went into the school on Friday night and created a conference atmosphere. When the UK Council arrived at 7.30am for a pre-conference meeting, everywhere was buzzing with perfectly orchestrated activity. Calm registration areas had been created where our Regional Chairs welcomed us and we were given our badges and conference packs – these packs were enclosed within beautiful Indian embroidered cotton folders. What lovely keepsakes! We were also invited to take a question slip on which to pose a question for a 'Question and Answer Panel' during the afternoon programme.

After Refreshments, the hall filled up completely and we were settled by the sacred sounds of sung prayers from many faiths and the moving sight of the lamp being lit, next to Swami's magnificent chair, by our Central Co-ordinator, Ishver Patel. Our MC for the day was the delightful Sai Bharti. He guided us through the programme and between items gave pertinent comments and insights. Most lovely of all was when he felt moved to spontaneously sing, 'Make Your Life a Rose', as it had been inspired to come into his mind during one of the talks. Our National Chair, Shobhna Patel, opened proceedings with a warm welcome and talk that reviewed the past year's activity highlights, looked to the future and took inspiration from Swami's messages and discourses. She acknowledged new Office Bearers and presents were given to two Council members whose terms of office had come to an end. Then came a very moving film that showed us what a very rich and full year it has been for the SSSSO UK. A brilliant combination of imagery and music guided us chronologically through the year – with events such as the dreadful Boxing Day Tsunami and the July London Bombings providing contextual punctuation marks. (Items like the winning of 'The Ashes' featured to show us that 2005 had triumphs as well!) What was so good about the compilation of the film was the way we saw how our own Organisational activities and responses were entwined with these events. For example, our already-planned Medical Camp to Sri Lanka came in the wake of the Tsunami, the shock and horror of the July

7th bombings coincided with Geetha Ram's last talk in the United Kingdom on July 8th – in London – where hundreds of devotees were uplifted, in a stunned capital city, by Geetha's vivid and humorous recollections of her early life with Swami. We saw, also, a roundup of photos of the eight Public Meetings and a marvellous picture of our Chair, Central Co-ordinator and National Youth Co-ordinator with Prince Philip, receiving the Duke of Edinburgh Award scheme licence! It was all a wonderful album of achievements. What a wonderful asset to the Organisation SITA is – and the newly purchased vast screen! Ishver Patel, keynote speaker, brought us a warm greeting, blessings and an apology for his absence, from our Zonal Chair, Mr Kishin Khubchandani. Ishver then went on to crystallise and distil for us the overall message from the 8th World Conference. He described the movement towards 'going back to basics' and invited us to be aware of the balance between outer activity and inner transformation. He then closed with a short film that showed how Swami serves everyone with love paramount.

After a break and leading up to lunch (which was delicious) we heard reviews of: 'BISSE' by Carole Alderman, 'Sathya Sai Schools' by Prabodh Mistry and a snappy presentation by the Regional Chairs who, one by one, spoke for two minutes about their Regions with a colourful PPT presentation to accompany them. Once again we saw the richness and diversity of our activities; and the fun that devotees have doing these was very apparent from the images! Dr Upadhyay from the International Medical Committee spoke succinctly about the past year's events from his perspective. Mr Ashok Baghani, Trustee on the UK SSC Trust, brought us up to date on its activities. A 'Q&A' panel comprising the National Wing Co-ordinators, with National Vice Chair moderating, answered delegates' questions thoughtfully and provided some good humour. During the afternoon break the National Chair met privately for tea with all the attending Centre and Group Chairs (about 60) for open discussions and questions. After a presentation on the National Youth Pilgrimage 2006 and a long list of thanks for the day we watched a film about Swami, 'The Message I Bring'. The day concluded with beautiful singing, performed by the National Youth Choir, and Aarti was given by Suribhi, co-ordinator of the 'Kitchen Angels'. **Editor.**