



"Do not waste time speculating over what would happen in this New Year. If your actions are good, your future is bound to be good. The future of the nation depends on your actions. God is a witness; He neither protects nor punishes you. Each one is responsible for their pleasure or pain. In this New Year, develop new and sacred feelings and make everybody happy. Do not struggle for money; strive for love. Once you develop love, there will be no scope for evil qualities like anger, jealousy, etc. If your thoughts and actions are good, your future will be good. Then the whole country, nay, the whole world will prosper. Pray for the peace and prosperity of the entire world. Peace can be attained only through practice of human values." - Sri Sathya Sai Baba

Christmas Celebrations



Region 1 : Wimbledon Sai Centre

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Sathya Sai School: What have the children and staff been up to at Christmas time?

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Dear Love & Light Readers,
Sai Ram !

Happy New Year!

As one chapter closes another one opens, as one door closes another opens and as one year ends another starts.

Once I was sitting with Swami, looking deep into the palm of his hand (he had just materialised a necklace for a baby), Swami with a grin knowing what I was thinking said, "you know the entire Jagat is in my hand!", He continued by asking me if I knew the meaning of the word "Jagat". I promptly replied "the World" to which Swami said "Jagat means coming and going, coming and going, only God is constant, to break this cycle of coming and going you must think of God all the time".

As each year passes, we get older, wiser, more experienced and often bigger, yet do we get closer to God. Are we making any attempt to break this cycle of "coming and going?"

The Sri Sathya Sai Organisation is one such tool that can assist us, from nursery to old age; here there are countless opportunities for transformation. The only condition is that we keep Swami at the heart of everything we think, say or do. If we are to break this cycle He must always be at the forefront of all our intentions and actions.

I am very excited about 2011, as I was with 2010. The opportunity for all of us to serve Swami, to work for His mission is a once in a lifetime opportunity. The world is changing, the seasons are changing and people are changing. Therefore it is important that we now work even harder and are even more united than before.

This year, we say goodbye to many UK Central Council members who have completed their term of office. A new Central Council will be formally announced on 14th January 2011. To assist with this and the many new officers nationwide who will be taking office this year, a special one day Office Bearers induction day is being planned to welcome all new incoming officers into the Organisation this year. I hope this will give them the necessary information and support that they will need for their respective posts. The 2011 National Conference will therefore be delayed to later this year.

I look forward to meeting and welcoming all new in-coming officers on Saturday 29th January and wish all out-going officers across the country the very best and thank them for their support and hard efforts during a very busy and important milestone year during 2010.

Lovingly

Shitu Chudasama
National Chairperson



Region 1

Christmas Celebrations



Christmas arrived a little earlier than usual in South London this year, as Region 1 gathered together at Wimbledon Sai Centre on 11 December to celebrate the birth of Lord Jesus Christ.

The programme started with multi-faith prayers and group devotional singing by the children. A video was then screened, compiled by one of the LOTUSS students from Brixton Sai Centre, highlighting the service carried out by Swami over the years, including major works such as the water supply project and the provision of free education and healthcare.

Dr. Chunmugavelu, well known to many all over the country for his inspirational meditation workshops, gave an interesting talk on the life and teachings of Lord Jesus as explained by Swami. The talk brought home the continuing relevance of Christ's teachings amidst the prevalent materialism all-too-commonly associated with Christmas.

Thereafter, the children of Wimbledon Sai Centre all gathered on stage to sing an amusing medley of devotional songs and carols, both in English and in various Indian languages. The remarkable singing, accompanied by the children playing their own instruments, was interspersed with readings based on the teachings of Swami and Jesus.

The next item was a nativity play by the children of Merton Sai Centre. Retaining all the traditional elements of a nativity play, with added "extras" (talking sheep and shepherds performing a dandia dance, for instance), the performance was enjoyed by all.

The programme could not conclude, however, without a visit from the red-suited bearded one, otherwise known as Father Christmas, who brought joy to the children (young and not-so-young!) in handing out sweets. It was a happy end to a very enjoyable evening.

Region 2:

Three Kings bring the Gift of Love to Southall

A historic event took place in London on Boxing Day, a first of its kind Multi Cultural Christmas celebration that brought together people from all walks of life, regardless of class or creed... uniting the many communities that add the colour to our glowing city.

We highlighted our role as a multi faith organisation that brings together people from all backgrounds when on Sunday, the 26th of December 2010, we celebrated the ***Birth of Christ with Muslims, Hindus, Jews, Protestants, Catholics, Buddhists, representatives from the Mosque, Synagogue, Church, Gurudwara, Temple, Sisters from Mother Theresa – and even many without faith, old, young, able, and those less... were present!***

The Reverend Derek Barnes, from St. Bernards Chapel in Ealing, conducted a Christmas Mass in front of a majority Non-Christian audience. Each denomination was also represented by senior figures of their faith, such as Imam Zulfikar Ali, from the Hounslow Central Mosque, and also the High Priest Pandit Maharaj, from the Sri Ram Mandir in Southall. As shown in the attached images, The Holy Communion was accepted by the entire congregation - including the high priests - a truly remarkable occurrence witnessed by all present, who included Past National Chairperson, Mr Balaraman, Current National Chair, Shitu Chudasama and Vice Chair Mel Griffin, Dr Upadhyay, Uncle Vadgama and Office Bearers and Chairpersons from all parts of Region 2.

The very diverse audience had also enjoyed bhajans and carols, along with music from songwriter Sebastian Vale and renowned Pakistani singer Shahid Abbas Khan. All this was presided over by an imposing figure of Swami which had been lovingly created by one of our centre members, and accompanied by evocative images projected on screen.

I have enclosed some of the images of the event, including those of the priests from three major faiths united in Communion and Arathi.. The Three Kings present at the Birth of Christ!

Dr Shamender Talwar
Chairperson, Southall Sai Centre



Region 3 – December Report

Ladies day was celebrated by Region 3 on 4th December at the Nagrecha Hall

The day was divided into two sessions with workshops in the morning and speeches and drama during the latter part of the day. In spite of the bad weather it was well attended. The theme of the day was 'The Power of Devotion'. We had a cookery workshop and Workshop by Sister Bhuvana Dharmayogam on the generator of success. By popular demand the Garland workshop was repeated.

The afternoon session started with the Durga Sukam followed by an inspirational talk by sister Anu Raicu on her Seva Experiences. Sister Chris Brown from the Women's Interfaith Network spoke on the 'Power of Devotion in Women' and this was followed by a play by the Sisters of Thurrock Centre. It was well acted with suitable costumes on the theme of the Power of Devotion. The event was concluded by a talk by Sister Sutopa Sen with her experiences which touched all our hearts.

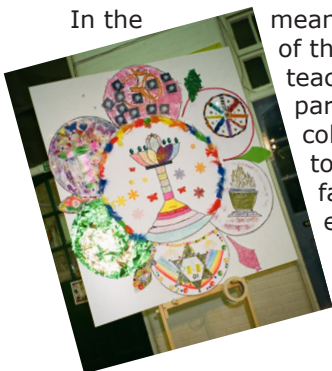


Region 3 SSE School 85th Birthday Celebrations

The theme was "There is only one religion, the religion of Love". The programme started with multifaith prayers, energetic bhajans followed by group chanting of Swami's 108 names. Children were split into mixed age groups, each group focusing on one particular religion from the sarva dharma emblem. The groups had fun and exciting activities around their particular religions including preparation of a collage of that religion's symbol, discussion of the key teachings of the faith, relevant stories and looking at the universality of faiths.

In the

meantime Vickneswaren Krishnan spoke to the parents about the significance of the emblem looking at the underlying unity between the different faiths and how key teachings of one faith link to each of the other faiths. The children then presented back to the parents the main concepts that they learnt about their group's faith and stuck their particular collage symbol onto the larger sarva dharma emblem template bringing all of the faiths together in a colourful and beautiful way. Each presentation also included recitation of that faith's prayer and fun quizzes at the end. Swami's message of 'love' and unity of faiths was emphasised throughout the programme in all of the different activities undertaken. We were all reminded of the importance of practicing his teachings in our daily lives and to experience His love day after day in all of our activities.



Mill Hill – Swami's Birthday - Play by SSE Children



Hatfield Sai Centre - Christmas party at Harperbury Hospital

Region 4 - Christmas Party on Saturday 18 December 2010 at Sri Sathya Sai Centre, Leicester

For the last two years, we have entertained a number of elderly guests, and guests with disabilities, from the public to a Christmas Party. The party consists of a full 4-course dinner plus games plus presents.....plus lots of LOVE.



And this year we held the party on Saturday 18 December at Sri Sathya Sai Centre, Leicester. Invitations were sent out to Moving On Group learners (adults with learning difficulty), members of the community whom we provide 'meals on wheels' at weekends, elderly residents of homes where we perform monthly Bhajans and Pukar Group (ladies with disabilities). Transport was provided to all our guests from their home to the Centre. We arranged special minibuses with lifts because some of our guests were wheelchair bound.

Preparations for the refreshments started early on Saturday morning - STARTER - Leek & Potato Soup, Bhajias, Soft Cobs/ Butter, MAIN COURSE - Roulade (Soya Mince, mushrooms, onions, potatoes rolled in a pastry), Roast Potatoes, Brussels, Parsnips, Carrots, Mixed Vegetable Shaak, Bhagat Mathias, Rice, Kadhi, Puris, Furfur/papdi, SWEET - Summer Fruits Pudding, Cakes, Gulab Jamuns, AFTERS - Coffee & Mince Pies & Cookies - something there to satisfy everyone!

As the guests started to arrive, they were seated at their tables and handed drinks - both hot and cold drinks were offered. And Christmas Carols were played in the background.

After a few essential announcements - location of the toilets and the fire exits - the guests were welcomed by two bal vikas children singing Christmas Carols - by the end of this everyone was truly in festive spirits!

Hot starters were served at the tables, followed by the main course. As the guests tucked into the hearty food, it started to snow. The snow complemented an already charged Christmas atmosphere! Fabulous!

And then it was time to play some games - most wanted to sing. We all joined in the singing - Christmas carols sang with gusto! And one of our guests sang so beautifully that everyone was moved by the songs. (I am sure some tears were shed.)

There was still time for bingo - this is everyone's favourite game, liked & enjoyed by everyone, and one that majority of our guests could join in. And volunteers were there to help those who needed assistance. Prizes were handed out for the first complete line and for 'full house' - 'BINGO' shouted with great gusto by the winner!

Then after coffee, the guests were treated to Christmas Carol singing by all volunteers! And Christmas presents were handed out to our guests by the volunteers - a wonderful time was had by all!

The time seemed to have flown by so quickly that it was time to say our goodbyes - it didn't seem that long ago that we were welcoming our guests. It was also time to thank everyone for coming and making it a special event, full of love. Many of the guests came forward and commented on their experiences - 'a great day', 'thank you for the wonderful food', 'we all enjoyed today', 'great party - can I please come again!', and one we were all moved by - 'haven't felt so much love shown by so many towards us'. Thank you Swami. Sai Ram.



Christmas Diary at Sathya Sai School, Leicester



Monday 20th December: The "S" factor

The challenge was set to the students at Sathya Sai School to make sure that their items for their assembly had the "S" factor; the SAI factor.

The little ones wished all a Merry Christmas and the lower primary children performed the traditional Christmas Nativity, followed by years 3 & 4 who brought the house down with "Joyful, Joyful, how we adore thee!" and a solo performance of "Feed the world". In between guitar and piano instrumentals kept all entertained.

Harmony (Yrs 5& 6) dramatized a version of the 3 little pigs, oh I mean "The 3 little boys" who went to Sathya Sai School and changed to become better loving and responsible sons. Year 7 adapted Jack and the Beanstalk to Jack and the five magical seeds which grew into five fruit trees of Love, Peace, Truth, Right Conduct & Non Violence. Each character who ate a particular fruit transformed into an individual who

demonstrated the value with appropriate actions.

Year 8 and 9 sang the 12 days of Xmas with a slight change: On the first day of Christmas my true love gave to me... John Lennon's all you need is Love; On the 2nd day...We are the world & John Lennon's all you need is Love, On the 3rd day ...Imagine & We are the world & John Lennon's all you need is Love...etc, and it continued with Florence's got the love, Where is the love, Heal the world by MJ, ABBA has a dream, Robby's Angel, Shine a light Taio Cruz, Pray Justin Bieber, Everybody hurts, All are heroes. It was truly magical!

Year 10 completed the morning with their takes on TV personalities with clips from Harry Potter, Star Wars and Top Gear; the clips were funny and entertaining, finishing with the important lessons to learn: Light wins over dark and always keep going no matter what obstacles come your way. The students faced the challenge and met it!

- Usha Lim



Afternoon: Our first Christmas Fayre!

Our first Christmas Fayre brought excitement and fun for students, parents and teachers alike. The hall was filled with stalls full of food, sports and art. There were various activities for all ages. Everyone was enjoying themselves tremendously with each stall crowded with people. There was an elegant cake stall at the front of the hall with delicious butterfly cream cakes, this stall quickly emptied out. And to top it all off there were wonderful hampers full of goodies that were to be won by a lucky raffle ticket. Finally winning raffle tickets were drawn and lucky winners went home with hampers. Overall our first Christmas Fayre was a huge success, lots of fun and we raised money for charity too!

- Saiprema (Secondary student)

Tuesday 21st December 2010: Staff Panto

On the last day of term, at the morning assembly we were treated to an enjoyable pantomime production of Cinderella by the teachers and staff of Sathya Sai School. From the moment we arrived at the main hall, there was a certain excitement and anticipation shown by the parents and children. From the outset, this was a quality production; from the music, the costumes and the acting. From the opening act, you began to appreciate the commitment of the team to deliver something special for the children.

It took a few moments to look past Mrs. Lim as head teacher, assuming the role of one of Cinderella's wicked sisters. Never has bright mauve and pink blinded us! There was a slight hesitation on the part of the adults as to whether you were allowed to laugh! The children displayed no such shyness though, joining in at the relevant cues, "Oh, yes it is!" and "Oh, no it isn't!" Even the smaller children at times were prompting the actors what they should say! It was an excellent joint effort by all the staff of the school under the able direction of Brother Subra.

- Brother Yogan - Region 3



Students Review of Staff Panto

The performance lasted roughly an hour, and kept the audience on the edge of their seats throughout. The entire play was full of surprises, with different teachers coming out as unexpected characters. The play was exciting and definitely hilarious.

The staff had clearly worked hard, and it had definitely paid off. The way the different characters were portrayed was very clever and interesting. The evil characters were dressed up in large amounts of ghastly make up, and the good characters had sweet and simple costumes, which showed the level of thought and skill that was put into the performance.

Overall, the performance was absolutely brilliant and will definitely be remembered for a long time.

- Ashiki (Secondary student)

Afternoon: Xmas Disco! - DJ Account

Sagar and I were assigned to DJ the Christmas Disco that was requested by our School Council. Our challenge was to integrate the "S" factor; the SAI factor; therefore we had to pick out music that had some relation to our school values. So we checked every piece of music we wanted to play, we had to look through the lyrics and make sure the meanings of the songs were appropriate and that there were only good words. Working within these boundaries we also had to make the disco fun and enjoyable! We did it, enjoyed it and it was good fun!

- Trishul (Secondary student)

Sathya Sai Leadership Training Programme (SSLTP) Graduation Ceremony 2010



On the 11th December 2010 the Sathya Sai Leadership Training Programme held its graduation ceremony, entitled 'The Light of Leadership' and saw 13 cohorts from this year's programme successfully graduate and go on to join 63 other fortunate graduates to be part of this elite group.

The graduation ceremony was held at the Chambers Lounge, Harrow Civic Centre. It commenced with Vedic chanting, led by the cohorts and ended with taking pranams at the Lotus Feet of Bhagwan Sathya Sai Baba. Following this, Subita Mahtani, lit the leadership candle, representative of the success of the programme to date, those graduating and to the leaders of tomorrow; truly setting the scene to what can be described as magical evening.

Our National Chair, Shitu Chudasama formally opened the evening's programme with his welcome note. Shitu highlighted the importance of leadership in our organisation and the benefit of this unique programme which has been successfully running for over 13 years. He then spoke about how one should strive to become a good leader rather than a great leader and that even with programmes such as the Apprentice depicting people showing undesired values, SSLTP cultivates Swami's teachings of good character and values of Truth, Righteousness, Peace, Love and Non-Violence. The graduates have worked hard on key projects for our Organisation and Shitu acknowledged this and was looking forward to working with the graduates and the SSLTP Coordinating Committee in the New Year.

Next we had our key note speaker for the evening, Assistant Chief Constable for the Hampshire Constabulary, Mr. Steve Dann. Mr. Dann talked about the importance of leadership in today's modern world and related how his personal experience as a leader in the police force has helped him transform his place of work. Constable Dann highlighted the importance of values, ethics, respect, integrity and courage in leadership and how all these qualities play a fundamental part in leadership. He concluded his inspiring talk by stating that he firmly believes that good leaders are made not born and that if one has the desire and willpower, one can become an effective leader. Good leaders develop through a never ending process of self-study, education, training, and experience and the SSLTP is step towards making this possible.



A short video commenced after the talk, highlighting the graduates journey over the past 14 months which was followed by our next speaker, Mrs. Rita Patel. Rita was one of the fortunate graduates from this year's programme and talked about her experience. She commenced her talk by thanking the SSLTP Coordinating Committee, on behalf on all the graduates, for their love and assistance throughout the past 14 months. Rita stressed that SSLTP is not solely a programme for the youth but beneficial to all members of our Organisation. She talked about how she and her husband, Ashwin, both applied for the programme and how it has helped them transform over the course of 14 months. In her account Rita mentioned the various facets of what she had learnt have helped her in her professional and spiritual journey. Rita concluded by sharing with us that

she believed SSLTP is not just a leadership programme but instead it is about self leadership, self confidence, courage and gives the opportunity to nurture the leadership qualities within each of us, the 'journey within' and in turn reflects our journey outwards.

The next speaker was the SSLTP Coordinator, Deviesh Tankaria. Deviesh commenced his talk by describing how he feels blessed and honoured being this year's Programme Coordinator and how over the course of 14 months all have been fortunate to have experienced so much love, blessings and guidance from our Beloved Lord.

During Deviesh's speech he talked about how on the auspicious day of Guru Poornima, on 7th July 09 at 9am, the application forms for the SSLTP 2009/10 went out across the nation to all centres in all regions and how it was evident that Swami picked this year's candidates. He went on to talk about the various experiences on this year's programme and how there were tears and laughter, doubts and fears, but at the end of the day all united showed support and dedication for this unique programme and how it is this same dedication which had made this year's

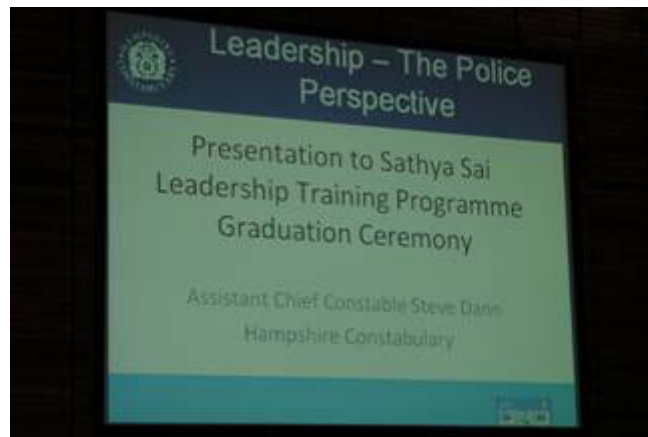
programme the success that it is.

Deviesh concluded his speech by summarising this year's SSLTP curriculum and announcing some very special awards. Each year SSLTP offers award for academic excellence for the graduate who has performed beyond and above expectations and this year's award went to Mali Almeida.

Deviesh also presented three other very special awards for outstanding contribution to the programme over the past 13 years. Subita Mahtani and Satesh Melwani were awarded special contribution awards and a special lifetime achievement award was given to Sri Kandiah, recognising his immense love, support and dedication to the programme. Sri has touched the hearts of many, having taught, advised and mentored each of the 76 graduates over the years. He was the person who was responsible for setting up the Sathya Sai Leadership Training Programme in December 1997 - A true inspiration to everyone.

Sri Kandiah then took centre stage and shared a few words highlighting the journey of SSLTP over the past 13 years and acknowledged the hard work and dedication of all the team past and present. Sri went on to say that he also felt very proud of each one of the graduates, as each of them now hold a 'candle' with a flame burning with different intensity of light and brightness that has been drawn out of them. Sri stressed that the graduates now need to look after this candle and use it to light many more candles and be the beacons of light.

The formal graduation ceremony then followed and we concluded the emotional evening with a closing ceremony consisting of devotional singing.



Congratulations again to the class of 2010! Sai Ram

For details of this year's programme and to register your interest please contact Deviesh Tankaria (deviesh_tankaria@hotmail.com).

"This course has provided the opportunity to look at myself and understand what is there. This is the starting point to peeling back all the layers until we realise our true Selves. SSLTP has brought me back on the path to Swami. The next challenge is TO BE everything I have learnt. TO BE a leader"

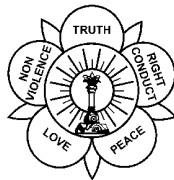
- Ajay Pankania

"It was a life-changing course that gave real meaning to living a life with true purpose and complete integrity to my values. It was a year of learning, but a lifelong guide to self-discovery and leadership in all its aspects."

- Ashnavi Bhikajee

The last 14 month have been transformational for me. It's almost as if I have been reawakened. Reflecting upon myself, I have been forced to reassess my life in my own personal development and this course has helped me - provided me with the right tools to go within and make small changes within myself for the better. I'd like to think I have become a better person and 'better Sai devotee' as a result of self leadership training.

- Rita Patel



NATIONAL ORIENTATION & WELCOME DAY 2011

I would like to invite all new officers joining the Sri Sathya Sai Service Organisation (UK) and all officers in their final year (term of office) to attend a one day informal Orientation and Welcome Day on **Saturday 29th January 2011.**

Those who need to attend are: **Centre/Group Chairs, Centre/Group Wing Coordinators, Regional Chairs & Vice Chairs, Regional Wing Coordinators and UKCC Members.**

United by our common bond of Love for Swami and our common goal of spiritual growth, we will have an opportunity to meet the new team, strengthen our understanding of Swami's mission and discuss the importance of our role in this spiritual endeavour and much more.

The day will therefore be composed of: networking, presentation on National projects for 2011, presentations on 2011 work programmes and wing specific projects by National Wing Coordinators. There will also be an opportunity to meet together as a wing and then separately as a Region.

Date: Saturday 29th January 2011

Time: 10.00am – 5.00pm

Venue: Oxhey Wood Primary School, Oxhey Drive, South Oxhey, Watford, WD19 7SL

General:

- Registration will commence from 9.30am onwards
- There will also be an opportunity to meet separately as a region and as a wing to network and share ideas
- I would be grateful if you could please register via your respective Regional Chairs by 23rd January 2011. Whilst there is no registration fee for this day, it is important that all officers stay for the full day
- Due to restriction on numbers, only those who have registered via their Regional Chairs will be permitted to attend
- The 2011 National Conference has been pushed back to accommodate this orientation day for incoming officers.

If you are interested in attending, please register via your Regional Chair.

We look forward to welcoming you on the day.





Websites

www.srisathyasai.org.uk	Sri Sathya Sai Service Organisation (UK)
www.srisathyasaibookcentre.org.uk	Sathya Sai Bookshop (UK)
www.sathyasai.org	International Sai Organisation
www.sathyasaischool.org.uk	Sathya Sai School Independent Nursery, Primary and Secondary school Sathya Sai Centre, Bede Island, Narborough Road, Leicester LE3 0BT Tel: 0116 254 0235, Email: info@sathyasaischool.org.uk

UK Regions

Region 1	London - South East & West
Region 2	London - North East & West
Region 3	London - East & Central
Region 4	Midlands
Region 5	North England
Region 6	South England
Region 7	South West Counties of England & Wales
Region 8	Scotland

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