

Love and Light!

SSSSO (UK) - monthly update



9th July 2009

July Full Moon ...Joyful Promise for the UK!

Dear Readers, Sai Ram!

Hopefully, you have all celebrated Guru Purnima either at home, in your Groups and Centres or even at Regional level.

The energy that rises as the Moon moves towards its fullest is a useful energy to harness. Obviously this energy is amplified at Guru Purnima there are often increases in the number of births at Full Moon – along with rising tides etc.

So, it is no surprise that the final phase of the purchase of the proposed Leicester SSSSO UK headquarters building, that was visited and assessed by senior Sai Organisation devotees back in about late October last year, actually took place on Guru Purnima itself just two days ago. It has literally been through a recognised gestation period and has now been successfully birthed! The final phase of purchase was completed at 11.12am and a small ceremony took place with local Leicester Centre volunteers, about 8 Vedam chanters/singers from Leicester Youth, the Building Management Committee, and the gracious presence of Mr & Mrs Puri from the Trust (as well as Ishver) we performed various rituals and had an Interfaith/Universal ceremony to informally inaugurate the building.

Ishver Patel, very ably cracked a coconut in front of the East-facing threshold - and the masses of liquid ran everywhere, including all over his suit! Mr Puri carried a statue of Lord Ganesha over the threshold with powerful Vedam chanting, Tibetan bowls and a sacred bell from Ladakh. It really felt as if Swami was with us. Mr and Mrs Puri kindly lit the inaugural light and performed Aarathi at the end; and Mrs Puri raised the vibrations with her beautiful rendition of 'Manasa Bhaja Rey'. I had taken tea lights for the interfaith ceremony - I thought that would be many more than enough, however... as I went up as the very last person to light a candle and make a dedication I lit the last one...(!)

So there were exactly 20 people present! After the ceremony we went around the whole building chanting the Gayatri Mantra and carrying the lights, wafting incense, and

sprinkling lingam water. It was a lovely occasion.

...However in the midst of life there is always that mysterious change of state that we call 'death'. It was with great sadness that I heard that Dr Thorbjorn Meyer, Chair of Zone 7 and founder of ESSE, passed away on June 11th.

Last year, he and his lovely wife, Marianne gained permanent homes in our hearts when they spoke so wonderfully at our National Conference. There is a really good DVD of their talks and an interview that was done with them available at our Sathya Sai bookshop. At least that exists as a superb addition to the Sai Archives keeping all that love, compassion and wisdom of Dr Meyer alive - and how good that we did that when they were here.

All our love goes to Marianne and their family. Please do read the wonderful testament and touching eulogy below from Dr Goldstein regarding the full and rich life of Dr Thorbjorn Meyer...

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

Dr Thorbjorn Meyer In Memoriam:

Prasanthi Council

**Michael G. Goldstein, MD, Chairman,
June 12th 2009**

Dear Brothers and Sisters, Sai Ram to all of you!

Our Beloved Bhagavan Baba placed in our midst an inspiring man, Dr. Thorbjorn Meyer. He was a civilized man, a dedicated man, a man of love who devoted himself to the Divine Message of our Beloved Lord Bhagavan Baba. He has returned to the Lord and we will greatly miss him.

The best way for us to love him, honor him, and demonstrate to his family the depth of our feelings, is for us to emulate his noble actions and apply the extraordinary lessons of his life.

His Love for Swami was boundless and the extraordinary scope of his efforts and determination were boundless. Thorbjorn was a civilized man.

With the Grace of our Beloved Swami, he brought spiritual civilization to an entire continent. For decades he travelled across

Europe and Russia bringing Sai Teachings to many lands in many languages.

He looked at Europe, saw darkness, and listened to the voice in his heart that resoundingly repeated, "Let there be Light?" He formed an European Sai Educational Institute and developed materials that enabled the people of the European communities to understand and ultimately be inspired by the Divine Teachings of our beloved Swami.

Again, he listened to the voice in his heart, Swami's Voice, commanding "First be, then do, and then tell!"

He was already wholeheartedly devoted. He did apply himself to producing materials and a methodology that would bring the Divine Message to all of Europe and Russia. Then he knew that he had to personally deliver the message. He knew that he had to "tell". He traversed the length and breadth of Europe and Russia. Accompanied by his devoted wife, he did personally deliver the Divine Message with love to all who would listen. He ran from town to town, country to country, bearing the torch of the Divine Light.

Our beloved brother, Thorbjorn Meyer, heard the voice from his spiritual heart. He followed that voice without reservation. He devoted his life to the Divine Message proclaimed by that voice. This is the life of a noble man, a loving man, a true devotee of our Beloved Lord Bhagavan Sri Sathya Sai Baba.

We offer our condolences to his loving family and our gratitude to our Beloved Bhagavan Baba for having placed a noble man such as this in our midst.

**Lovingly in the Service of Sai,
Michael Goldstein**

Guru Purnima Blessings

On behalf of the UK Sri Sathya Sai Charitable Trust, I am writing to share some exciting news.

With Sathya Sai Baba's blessings we have completed on the purchase of our proposed Leicester SSSSO UK headquarters building on 7th July 2009 (Guru Purnima Day) at 11.12am. We are eternally grateful to Bhagawan for showering His benediction on this auspicious day.

I want to express my gratitude to each one of you for your kind support.

The UK Trust has set up a 'Building Management Committee' to oversee the purchase and refurbishment work and the development of the infrastructure to support the use of the building. The membership

consists of Ishver Patel, Rosemary Perry, Phil Heaton, Prabodh Mistry, Ramesh Mistry, Suki Ahluwalia and Jayesh Mistry.

Our key priority is to have the building ready over the summer and move our Sathya Sai School before the start of the next academic year on 3rd September 2009. In addition we want to refurbish other areas for use by the organisation i.e. Sathya Sai Bookshop (Midlands), meeting rooms, main hall, kitchen, toilets etc. All this requires a lot of support from each one of you. Our current plan is:

- 19th July to 7th August: Clearance, refurbishment and space allocation
- 20th July to 26th July: H&S briefing for volunteers/helpers
- 26th July: A briefing for all volunteers/helpers and allocation of tasks to volunteer teams.
- 8th August to 16th August: The school move (Vans & Vehicles)
- 17th August to 24th August: Setting the requirements
- 3rd September 2009: School starts its new academic year!

Ramesh Mistry (R4 Chairperson) is collating the list of volunteers and if you want to put your self forward please send your details to him at: **ramesh.mistry@talk21.com**

We urgently need plumbers and builders.

We are grateful to our Lord for blessing us with these opportunities to serve with love.

Ishver Patel

Central Co-ordinator, United Kingdom & Ireland and Trustee on the Sri Sathya Sai Charitable Trust UK

Service Wing Sathya Sai International Medical Missions

Medical Register Update

The service Wing needs to update its Register of SSSSO UK medics in order to be able to personally invite applicants to apply to join any forthcoming

Sathya Sai Medical Missions (both here and abroad):

Aim: To work on forthcoming international medical initiatives with local teams in areas of high need on rotas for a one or two-week period or, of course, to work within the UK on one-day clinics.

Sponsors: Internationally: The SSSSO (UK) in conjunction with the local SSSSOs.

Nationally: in conjunction with the Service Wing

Categories required at present:

General Practitioners
Physicians
Paediatricians
Obstetricians
Gynaecologists
Orthopaedic surgeons
Nurses
Pharmacists
Physiotherapists

NB: Many other specialities are needed for all kinds of future projects - so do please send us your updated details to hold on a SSSSO UK database of medical practitioners. The DPA applies.

For imminent Medical Missions Abroad:

Required Credentials: To be currently registered with your professional body (E.g. GMC.SMC, RSN etc.) and to have at least 5 years experience in your specialised field. (Others: do please enrol on our SSSSO UK Register, as you will be considered later here and abroad.)

Data required in advance:

1. A short CV with registration details
2. Dates of availability (minimum two weeks preferred)
3. Passport details
4. Address and contact details
5. Name of Centre/Group that you attend (if applicable)

The information will be sent on to the two SSSSO UK Representatives on the Sathya Sai International Medical Committee:

Dr Puvanachandra and Dr Upadhyay.

Arrangements in host country: All clearances will be made with every host country's official governmental channels and approval.

Travel: On such medical camps, airfares are the responsibility of the volunteers. All expenses in the host country will be met. Any kind contribution towards that will be accepted. It is better to travel as a group if possible.

Please email the relevant information/updates to:

kirti.millhill@googlemail.com with 'UK Medical Register' in the 'Subject'.

**Kirti Patel,
National Service Wing Coordinator**

National Sathya Sai Retreat 2009

'The Only Constant is Change'

"Matter is but the perpetual communion and separation of particles. The human body has all its component cells replaced by 'new' ones during every seven-year period of time. Therefore, how do we pronounce anything as stable, as permanent, as true? This is the reason man does not get contentment or peace. This is the reason man does not get joy, however wealthy or famous he may become. So long as he revels in the trivial and the temporary, he cannot be happy. It is only when he has discovered the Aathman and is always deep in the ecstasy of that discovery that he can be in unblemished happiness. In that stage he is aware that he is eternal and all knowing, absolute and omniscient."

Sathya Sai Speaks 14, Chapter 37

Do come and be part of the 2009 National Sathya Sai Retreat being held in the new venue of Exeter University, from Friday August 28th to Sunday August 30th.

We have Swami's 'Ambassador for Love' Arthur Hillcoat with his lovely wife Poppy as our guest Speakers – all the way from Australia; and Annie Hooper – all the way from Exeter - whom some of you will have heard talk in the past. They will explore our theme for this year, "The only constant is Change", something which all of us must learn to understand to truly be happy in this life.

As always we have first class, interesting workshops, lots of space in beautiful grounds to just 'Be', plus the opportunity to meet up with new friends of like-mind or catch up with old ones.

The venue is very easy to get to by car, bus or train, even by air to Exeter Airport. Accommodation, Dining Room, Exhibition and Book Stall are all in the same building with the workshop classrooms and Great Hall within easy walking distance and joy of joys, all bedding, towels etc are supplied, a great saving in packing.

Information and Booking Forms were circulated on the 22nd May to all the Regional Chairs for distribution to all the Sai Centres and Groups in the country.

The deadline for applications has just been extended to 31st July, so there

is still plenty of time to get your forms.

Copies of the forms can be obtained from your local Centre or Group chair. Alternatively, please email:

sairetreat2009@googlemail.com

This is always a very special and uplifting weekend, filled with a 'Love', which is positively tangible, and we look forward to making this a memorable weekend for everyone. ...I wonder whether the Butterfly will appear again this year!

Caroline Vasey (for the National Sathya Sai Retreat Planning Group)

'ROAD' Shows

'ROAD Shows' (where 'ROAD' = 'Regional Organisation Awareness Day') - anyone and everyone from the Region's Centres and Groups may attend who is interested.

It was as the result of feedback at the first Regional Office Bearer Training Day, held in Region 1, on November 29th 2008, that we changed the name of that event to broaden the availability to beyond just 'office bearers'. With four 'ROAD Shows' already undertaken, Region 6 will be holding theirs on July 25th, Region 4 on the 4th October, and for Region 2 - December 5th is firmly inked into the Calendar!

At all these days, all - or the vast majority - of your Council members will be there with you, making presentations, answering your questions and helping to facilitate discussions **relevant** to you and your Region.

We hope that it cuts down travel and cost for you if we all come to you rather than you all coming to one general national day! We really look forward to meeting you all there! They have been fun-filled!

United Kingdom Central Council

Youth Wing Seminar for all ages with Phyllis Krystal:

'How Do We Live Our Changeless Reality in an Ever-changing World?'

As Baba exhorts His devotees, a pure heart is the inner purpose of all Sadhana. To purify our hearts and to allow pure divine love to be nurtured and manifested, we need to transcend all our inner limitations and barriers that keep us confined into believing

we are merely a body and mind, separate from each other and our divine reality. The mystic poet Rumi said, "Your task is not to seek love but merely to seek and find all the barriers within yourself that you have built against it."

As Baba says, "**The everlasting, pure love arises from the heart. In fact, it is ever existing, and all pervading. How is it that man is unable to recognize such all-pervading love? It is because man's heart today had become barren and is 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 the worldly attachments are expelled from the heart that there will be room for real love to abide in it and grow.**"

Phyllis Krystal, at the tender age of 95, is one of the most devoted, disciplined and dynamic devotees of Sri Sathya Sai Baba. She travels the world giving seminars about how to overcome the conditioned patterns of behaviour that keep us limited and how to manifest the truth of our indwelling inner divinity. She is an example of pure divine love in action and first met Baba in 1973.

She has authored several books including, 'Cutting the Ties that Bind' and 'Ceiling on Desires'. Recently she gave two talks at the 2007 Sri Sathya Sai World Youth Conference, 'Messengers of Sai Love' in Prasanthi Nilayam and was one of the principal educators present at the 2008 Sri Sathya Sai World Education Conference.

The United Kingdom is very blessed to invite her give a very topical seminar entitled, 'How do we live our changeless reality in an ever-changing world?' which will be held at Sai Mandir in Wimbledon (www.saimandir.org.uk) on Thursday 17th, Friday 18, and Saturday 19th September 2009 (10am to 4.30pm).

Please register by emailing **phylliskrystalseminar@saiyouth.org.uk**. Please note that due to demand, the closing date for registration for the seminar is **31st July**.

This will be a unique opportunity to learn from - and have our questions answered by - a much respected and long-time devotee of Sri Sathya Sai Baba.

Neil Bisarya, Seminar Planning Group

National SSE Teachers' Day 2009

NB Change of Diary Date:

The date for the National SSE Teachers' Day
*has been changed from Saturday 19th
September to:*

Sunday 20th September

The venue is the Windsor and Maidenhead
Town Hall, St Ives Road, Maidenhead,
Berkshire SL6 1RF.

Our keynote speaker will be Phyllis Krystal.

The day will be a wonderful celebration of Sai
Spiritual Education in the United Kingdom,
open to all. Please note the date in your
diary. Further details will be available via your
Regional SSE coordinators.

Lakshmi Puvanendran
National SSE Coordinator

Sathya Sai Leadership Training Programme

The National Youth Co-ordinating Committee,
as a direct implementation of the First World
Youth Conference resolutions, successfully
launched the Sathya Sai Leadership Training
Programme (SSLTP) in October 1997. Since
then six cohorts with a total of 60 candidates
have successfully graduated and completed
the programme.

Following the success of the programme, over
the past 12 years, it has been decided that
another intake will be accepted in 2009.
Hence, this is another golden opportunity for
those interested in self-development and
acquiring leadership skills to enrol on the
programme.

The programme takes the form of a 14-month
modular type course of one-day workshops,
projects, assignments and 'outward bound'
activity weekends to consolidate learning.
Members of the Organisation whose
professional background has relevance to the
particular module facilitate each module.

The course is due to commence on the
weekend of 24th/25th October 2009. For an
application form or further details please
speak to your centre/regional chairs or
contact the SSLTP Coordinator, Deviesh
Tankaria at deviesh_tankaria@hotmail.com.
The deadline for submitting the application
form is September 6th 2009.

Deviesh Tankaria
SSLTP Coordinator

Region 1 Easwaramma Day

The 2009 Region 1 Easwaramma Day
Celebrations were held at Norbury Manor
School on Monday 4th May 2009.

While rest of the UK were celebrating and
relaxing on the bank holiday Monday, to us,
Sai devotees it was a much more special day
as it was Easwaramma Day; which
commemorates the day when the mother of
Bhagawan's physical body attained final
merger with the Divine at the end of a
glorious earthly career as the mother of the
Divine Universal Mother - Sai.

The hall adorned with flowers, amidst the
scent of incense and – under the gaze of our
Bhagawan and Easwaramma – the day
commenced when we witnessed the two rows
of saffron and blue sashes on the children of
the SSE march past to pay homage to mother
Easwaramma.

After the guests were welcomed, Mrs Rajesh
Sivayogan (former UKSSSO National Chair)
and Dr Poopalarajah (Former Region 1 Chair)
inaugurated the celebrations with the lighting
of the lamps.

No words could pay due respect to the Vedic
chanting, multi-faith prayers and Group
Devotional Singing which followed and
opened the programme. The wonderful
sounds of the SSE children and their
instruments of Region 1 serenaded the hall,
and I am certain those vibrations reached the
walls and the ears of Sai devotees in
Puttaparthi and plucked at their heart strings,
because it most certainly did ours.

The first item on the programme was a drama
entitled 'Save it for Your Son' by the SSE
children at the Kingston Sai centre. This
poignant play, told the story of a father and
son, a lesson in paternal love where the
father upsets the son's plot to murder him by
taking his own life to please his son. When
the son realises - only too late - of the terrible
karma he had brought upon himself and to
his own anguish, the father he has lost. This
very moving story was very well dramatised
by the extremely talented children of
Kingston.

The SSE Children of Tooting were next to take
centre stage as they performed a drama
based on Mahatma Gandhi's writing 'My
Experiments with Truth'. The play was
entitled 'When You Overcome Desire God will
give You Strength'. The teachings were
brought to a contemporary light, as the
children performed a play where a boy's

modern desires run out of control as a result of the pressures he confronted to gain a sense of belonging. The story brought up the sensitive subjects of smoking, eating meat and stealing (which echoed other societal pressures) to belong. Finally, he came to the realisation that his desires were in-fact making him unhappy and had led him astray. We were then reminded of the importance of practising a ceiling on desires, ending with words from Baba's Divine Discourse on desire.

A very innovative and novel entry to this year's programme were the 'Sai commercial breaks' performed by the SSE children at the Lewisham Sai Centre. The first entitled 'Divine Nectar Points', reminded us of the importance of Seva and the Karmic nectar points one can collect (or lose!). We were reminded how important it is to 'Be good, see good, and do good'!

'The Lion and the Mouse' by the SSE children at Brixton, opened the play from a scene right out of the jungle! Small monkeys danced, while a quiet mouse slept until the king of the jungle made his grand entrance and a loud roar. This story on the importance of being kind to even the smallest of creatures was made clear, as a huge egotistical Lion was humbled by a tiny mouse as the tiny mouse gnawed the ropes of the trapped lion to set him free.

The next Khawali performance by the children of the Bromley SSE, paid homage to Shirdi Baba and got the toes taping of the audience. The beautifully timed and earthly sounds of the voices were backed by the masterful rhythms of the tabla players. The colourful headscarves on the children, gave us a moment to reflect on beloved Shirdi Baba.

It was then time for a commercial break, by the SSE children of Lewisham Centre. Aptly entitled 'Sainsurance', it reminded us that all we need is faith in our Bhagavan, which gives us all the protection we need and that money cannot buy. A take on a popular insurance brand - Churchill, we were left with 'Just believe and act righteously, knowing that you're insured with him (Swami) covering health, wealth, property and life!

The boys of the Merton SSE's drama 'The Grace of Lord Krishna' skilfully highlighted chapters of the Bhagawata Vahini. In the Bhagavata Vahini, Bhagawan Sri Sathya Sai Baba relates the story of 'The Feeding of Durvasa', extolling the devotion of the Pandavas and their adherence to Truth. The devotion and sense of surrender of the Pandavas had nothing to equal them; so, too, the Grace that Krishna showered upon them

was unexcelled. Poised to perfection, the actors clad in fineries as the Devas, reminded us the message of how important it is to love God, to have faith in him, and to rely on him completely.

The final Drama of the day was by the children of the Wimbledon Sai Centre. Called 'Mathru Deva Bhava (honour thy mother as God) transported us to the very familiar territory of the Slums and the Slumdogs of Mumbai. This contemporary twist on human values and ceiling on desires was about a child whose energy, high spirit and devotion struggled through life in order to fulfil his mother's wishes by winning a game show, and then rejecting the opportunity to win more - symbolised practicing a ceiling on desires.

The final commercial break by the children at the Lewisham Sai Centre dramatised in a few short minutes the results to be gained by chanting Namasmara. To get a 'Sai Glow' and to show one's true beauty it should naturally arise from inside one's self. The children reminded us that by practicing Swami's teachings and having unconditional faith in him, we too could awaken the divinity within to get a Sai glow ...because we are worth it!

The wonderful afternoon of entertainment and drama presentations from the SSE children on Swami's discourses came to an end with a keynote speech by the honourable guest Shankar Ganesh Hariharan, a graduate BSc (Hons.) in Physics, from Whitefield Campus, India. The audience had the privilege of being graced by personal stories from Brother Shankar about his time with Swami. Not only that, he gave the audience some pearls of wisdom such as the importance of routine, which he had learnt from his time at Whitefield.

Mrs Karunes Ratnasingham (former National SSE Coordinator) and Dr Poopalarajah made the presentation of gifts to each of the wonderful young performers.

The programme came to conclusion, with the sounds of Devotional Singing by the SSE children and the performing of Arathi, in the same way as the day had started.

But, this time, I am certain the sounds plucked the heartstrings of our beloved Bhagavan Sri Sathya Sai Baba.

R1 Youth Coordinator

Sathya Sai 'Values Alive' Event 2009

This was a challenging experience for me; it tested my confidence and built up the courage inside of me to do God's work. This

event was organised in the Easter holiday period and unfortunately many problems began to occur; like the head master falling ill, the treacherous snow storm and due to this time being the holiday season when people go abroad, I was still able to round up twenty one helpers for the programme. The helpers had to attend different meetings and had to be kept in the loop of the activities that were taking place each day. Many changes were made to suit the children's needs. This event took place in Croydon at the Primary Park Hill School. Roughly thirty to forty children arrived at the event programme each day. All the helpers were CRB checked and the commitment and optimism they showed were immeasurable. The school club was so understanding and easy to approach, and made all of us very welcome. The club were very cooperative allowing us to use all their facilities each day. The environment that the children were playing in was so healthy and equipped for keeping the children happy during break times and outdoor activities.

The newly trained members and volunteers had no hesitation in partaking in the activities that they were assigned to. They all believed that they were well briefed and had enough information and support to invigilate the activities set to them. Each day consisted of programmes beginning at 9am and involved; introductory games, silent sitting, lectures on values, the theme for the day, stories of values, activities, songs etc. for their appropriate ages. The youth that participated helped so willingly without any hesitation even though they had exam revision and they were a major contribution to the outcome of the event.

The SSEHV team prepared different tasks for the children each day so that there were different varieties of things to do, according to the human values. The rapport between the children and the staff was fantastic and pleasing to see. There was plenty of fresh fruit and vegetables given to the children as snacks during break times, to keep them healthy and energetic. The parents were notified about the pictures and video footage taken and they commented that this programme should be run in the curriculum of the schools worldwide.

Each day the children were questioned about the values and morals of the stories and songs that they had learnt in that day and how they should implement this in their daily lives. On the last day the children were given the opportunity to present dramas, songs and poems about the values and life lessons

they have learnt in this programme. All the children received a certificate for being present in the programme and the activities that they partook in. The children were given evaluation forms to fill in and the majority of the response was, for all of us to return back in the summer because they loved it so much. Hopefully with the schools permission we should be able to continue this programme for many years to come. I am ever grateful for the help of the volunteers, Region 1 Centres and Groups, without them this programme would not be able to continue.

**Sri Radha Sithsabesan,
London South West SSEHV Coordinator**

All articles submitted by:

Raj Rajasingam, Chair Region 1

Region 2

A Free Walk-in Health Awareness Clinic in partnership with the Brent Indian Association (BIA) "Hands that help are holier than lips that Pray"

Continuing the partnership built in the year 2007 between SSSSO UK and Brent Indian Association (BIA), this year once again we were privileged with the Grace of our Dear Lord to hold the 2nd Free Walk-in Health Awareness Clinic on Sunday the 14th June in Alperton, Wembley, Middlesex.

The first joint Planning committee meeting was held on 8th of May. Within 6 weeks guided and guarded by Swami the plan was put in action with Love.

A team of 12 medical professionals (Doctors, nurses, optometrists, and dentist) and 30 general volunteers brought the whole event together.

The clinic started at 10.15am with the inauguration by the MP Dawn Butler, BIA Chairperson Rajnikant Patel and Region 2 Chairperson, Kavita Trivedi.

Throughout the day people were walking in and taking the benefits of the splendid free services provided at the clinic - checking Blood Sugar, Blood Pressure, BMI, Dental, Eyes and Consultations by the Doctors.

The people from the local communities and those walking on a busy Ealing Road made this "walk in Clinic" in its true sense. The volunteers who stood by the gate inviting and welcoming people to the services available at the FWHAC, truly put Swami's teachings "Love All Serve All" and "Service to Mankind is Service to God" in practice.

Two sessions of talk on MS and Heart were well received by the people seated in the waiting Room.

A total number of registrations reached a remarkable figure of 228.

The Power of love and smile was felt and seen throughout the day.

We were overwhelmed to see the optometrist left the building at 6.00pm after seeing the last person.

The services provided were very much appreciated by the people attended and the valuable comments like "Very happy" "Great services all under one Roof" "should be held more frequently" from the people leaving the building echoed the love and continued to energise the volunteers.

An elderly lady of 80 years told one of the volunteers "Bav Saru" (meaning "very good" in Gujarati).

MP Dawn Butler was very impressed and felt blessed and in her Opening Speech called this event, "A Holy Event", by actually quoting Swami's saying, "*Hands that Help are holier than Lips that Pray.*"

The Mayor of the London Borough of Brent, Cllr. Jim O'Sullivan, expressed his appreciation of holding such a fantastic event and said he will most certainly embark upon promoting this invaluable service to the community in his Mayoral calendar.

The Region 2 team appreciated Rajnikant's support and maintaining the loving partnership between SSSSOUK and BIA.

We thank our beloved Swami for His Grace and Blessings upon all of us and for making this event a huge success.

Region 2 Coordinating Team

Submitted by

Kavita Trivedi, Chair Region 2

Region 5

Ladies Day Event at Newcastle

The Ladies ('Mahila') Wing was formally inaugurated with Regional Ladies Day Celebrations on the 13th of June 2009 in Newcastle upon Tyne. Devotees from Lidget Green and Halifax participated in the event. The event started with our SSE children doing a small prayer followed by an invocation song by our bhajan co-ordinator Mrs Gayathri Menon. Mrs Rekha Bhatt started the ball rolling with games, especially for Ladies, based on Human Values with prizes for the winners.

Simultaneously the men folk had a study circle discussion in the adjacent room, which was started with a talk by Mr Graeme Hunter on "Experiences with Swami from a psychic point of view". His experience of seeing God as Mahavishnu over the Prashanti campus, during his first visit, in the sky (when he

didn't even know who He was and how Mahavishnu looked) was very interesting. The study circle concentrated on the topic of our journey from Sagun Brahma (form) to Nirgun Brahma (formless) and how it can be travelled easily with strong faith in God.

We started the afternoon session (common for both men and women) with a dance recital by Ms Janaki Nair. The piece was mesmerising, inviting Sai Krishna into the hall for the event. A talk by Dr Vijay Anand from Halifax followed which kept the audience smiling with his experiences with Swami. This talk was initially planned for the morning session (for men alone) but was moved to the afternoon session due to the Ladies expressing their interest to hear him talk as well.

The highlight of the day was the talk by Mrs Gayathri Nacelle (former Sai College student), which kept the audience glued to their chairs on "Motherhood" and her experiences with Bhagawan during her college years. The talk started with a small song (she is an excellent singer too), which made the audience sit up and the talk on her experiences made sure that we were all attentive throughout.

Ms Doreen Musgrove did a workshop on Tai Chi (a moving meditation) that enabled people to remove the negative energies and link with their inner conscience. This rejuvenated the people in the hall and the bhajan session following the workshop (lady singers only) was spiritually invigorating.

With arathi to Bhagawan, we prayed that this women's wing event should be: **"...Just a beginning for the various activities planned through the Ladies Wing in the Centre as well as in the Region"** and we finished the day with smiles and enthusiasm.

SSEHV in Newcastle

Two schools in Newcastle have adopted the Sathya Sai Education in Human Values programme for the last three years. One of these schools held a Human Values event on 19th June for whole afternoon. The parents were invited to the event and they turned out in good numbers. The programme was attended by Mr Rob Alderman and Mrs Carole Alderman from BISSE, Mr Neil Bisarya (Region 5 SSEHV co-ordinator) and Mrs Madhavi Majmudhar from Newcastle.

The PSCH Co-ordinator in her introduction, told the parents, "Your children receive education in this school. Children do not just need the reading and writing skills but they also need good values in their life to have good habits and good manners. For this reason, we have adopted the Sathya Sai

Education in Human Values programme in our school for last three years. This is a non-religious programme. Children will show today what they have learnt."

There was a display of children's drawings on human values from each class and prizes were awarded for the best pictures in each class. Each child participated in the event and certificate for participation was given to each child. Children from foundation stage to year 6 presented songs, role-play, dance, and poem. The programme was a huge success.

Northwest Sai Centres' Guru Purnima Celebrations

The area's Guru Purnima celebrations took place on Sunday 5th July in Oldham, Manchester. Around 150 devotees gathered for what proved to be a truly enjoyable and spiritually uplifting afternoon. The event was opened with Vedam chanting and Bhajans that generated vibrations that were truly felt by all present.

One of our SSE children read out a beautifully written short poem they had composed on Swami. A classical Indian dance followed after which members of the Greater Manchester Sai Youth Group performed a role-play discussing the role of a Guru and the significance of Guru Purnima itself. Our Ladies Group performed two mesmerising songs dedicated to Swami and Rakesh Joshi, an eminent local musician, performed two Bhajan items. The highlight for all were our two guest speakers, Jerambhai Patel and Dr Upadhyay – both of whom have had myriad personal experiences with Swami. They both delivered heartfelt and inspiring talks, sharing with us all their personal experiences. The event closed with Bhajans, Aarti and Prasad.

Dr Harish Thampy, Chair Region 5

Region 6

On May the 25th the Horsham Group held their annual Satsang at a new venue, the Rudgwick Hall, and it proved to be wonderful and much easier to find. As usual it was a lovely day with very tangible vibrations of love.

Eddie and Ranjana Appoo from Hastings, spoke lovingly of their lives journeys with Swami. Baba had brought them together through a dream and they are now happily married

(for several years now.) Their subject was " A new lease of Life"

Valerie & Maurice Allen very graciously gave their time to share insights from their many experiences and interviews with Swami.

A Student of Swami's a Dr Partish Dubey was also an honoured speaker. Dr Dubey explained it so plainly to us how privileged he felt at being so close to Swami who first and foremost impressed upon him that in whatever we do in life, it is the INTENTION which is important, NOT the outcome.

The final speaker for the day was Keith Hepworth Lloyd, who translated the Gayatri Mantra into English for us and explained it protects us with its powerful energy if we keep repeating it. Despite having had a wonderful marriage, Keith had had many challenges in his life going from riches to rags. After a little time lapse with several synchronicities, he was led to buy a house that had a mass of building materials left aside in the garden. Upon praying to Baba, Keith was inspired to build a temple on the property, calling it 'The House of God', an abode that serves all religions.

Four pilgrims, freshly returned from the May Region 6 Pilgrimage to Swami, were present at this Satsang and a few moments were taken to remember Anthony Ranjit Singh who passed away on this journey. We sang the Taise chant, 'Jesus remember us', as a tribute to him.

Lunch was a picnic and the weather was perfect for it.

Finally, Renata and Steve Ash sang devotional songs in their inimitable style and with such love closing the day most beautifully and poignantly.

Inter-Group Satsang

June 14th 2009 saw the reintroduction of the Inter-Group Satsang in Region 6. These were originally called 'Inter-group Forums' and were founded in Region 6, about 13 years ago by Rosemary Perry and Mark Eames.

On this occasion, with all the exciting new development bubbling in our Organisation in the this country, the devotees from Reading, Southampton and Portsmouth Centres grabbed the opportunity to have our Central Co-ordinator, Ishver Patel, come and give a talk on 'The Sai Mission'. This, Ishver did with great professionalism. The 70 devotees present, were all left with hearts warmed, eyes soft and sometimes wet, minds purified - and altogether inspired to join together in a mission of Unity and Selfless Service. Thank you, Ishver, for coming to us.

Regional Family Values Day

Sunday 5th July 2009: Family Values Day at Rotherwick Village Hall in Rotherwick, Hampshire.

As the Universities have broken up, so the Youth at Reading had the opportunity to organise this day and be present. Some 50 people turned up and the scene, in this most charming of English Villages, was perfectly set, with the weather turning very warm and gorgeous. 25 adults, 23 youth and 3 little ones under 10, took part in various new and old fashioned games - like the 'sack race', the '3-legged race', 'the egg and spoon race' and team games designed to bring forth intuition, telepathy and the success of working together.

Lunch was most delicious and wholesome. Blueberry tart, chocolate cake, fairy cakes, all manner of interesting tit bits in the cake category were especially made by the Youth. And of course there had to be Cricket, the rules of which were deftly and joyfully changed to fit our timeframe for the day. Altogether a most loving and enjoyable time was had by all who came & participated.

Rochester

The Rochester Sai Centre, after 10 years of being with one Centre Chair who persevered so well and so dutifully when she could find no-one else to take this position on, has now, with Swami's grace and direction, a new Chairperson in Yasmina Beckett Cole. It is to the credit of both Yasmina's faithful diligence and the Centre members' love and understanding of each other and their adherence to Swami's teachings that I can report that the group is moving along very healthily. Great appreciation and admiration goes from me, and on behalf of the Region, to Janet Talty who held this position previously.

Portsmouth

The Portsmouth Group, struggling valiantly for the last 6 months without a Chair and often in danger of being drowned in the trying, now has a new Chair in the form of Sakunthala Devi. We send Devi, love, strength and purity in her new role and many blessings to all in the Portsmouth Group.

Bahnoon Karim Agnew, Chair Region 6

Region 7

Guru Purnima Celebrations with Air Chief Marshall Suri (Retd) 'Respect to our first Guru – parents'

Guru Purnima was celebrated in Region 7 on Sunday 5th July in Cardiff at the Scoutbase. Air Chief Marshall (Retd) Suri honoured the event as our chief guest. The programme started at 1.30 pm with 3 OMS, Ganapathi Prathana and Bhajans. The theme for the

day was "Respect to our first Guru – Parents". There was a short welcome by the Regional Chair Ram

Thiagarajah, followed by Ganesha dance by Hiral, a talented teenager from the Cardiff Centre.

The next item reflected the theme for the day, Guru Vandana (Respect to the Guru). Families (or couples or friends) sat together and chanted the 108 names of our Guru, Sri Sathya Sai Baba, while offering rice (Akshatahas) to photos of Swami. After the recitation of the Namavali all children paid respects to their parents and elders, and others paid respect to the elders present. This was a moving occasion to watch.

The main event of the day was a talk by the Chief Guest, Air Chief Marshall Suri.

ACM Suri started his talk on the universality of religions and quoted generously from the Bible, the Bhagavad Gita, the Granta Shahib, the Koran and other religious texts. He even quoted a verse in Welsh! Then he went on to discuss prayers and told us there are four ways of praying and explained the differences. It was an illuminating talk and the hour allotted to him went quickly.

Whilst Sri Suri's talk was going on, the children were engaged in a workshop designing a 'Ceiling on Desires Calendar'. The idea being, that on each day the children need to do an act or activity based on Ceiling on Desires and put a resultant coin(s) in a jar. At the end of the month the money saved will be donated either to the Reg 7 Saturday School or to the Leicester Sathya Sai School. After ACM Suri's talk, Prabodh Mistry, Chairman of the Management Committee of the Sathya Sai School Trust, gave an update on the Leicester School and urged all to help the imminent project as the school moves to its new home owned by the Sri Sathya Sai Charitable Trust UK, so that it is an increasing success.

After a short Bhajan session the day ended with Aarathi and distribution of Prasadam at 4.30pm.

Ram Thiagarajah, Chair Region 7

Sathya Sai Bookshop

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

www.srisathyasaibookcentre.org.uk

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

**‘Love and Light’
Submission of Articles**

The deadline for submission of articles to Love and Light is no later than the 4th of the month for publication on the 9th of the same month. Whilst every effort will be made to accommodate articles after this date, inclusion cannot be guaranteed.

An article can only be accepted via a member of the UKCC who will then forward it to the editorial team.

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Love and Light SSSSO UK Diary Dates 2009		
Month	Date	Event
July	11th	UKCC Projects Meeting
July	25th	Region 6 ROAD Show
August	28th - 30th	National Sai Retreat
September	12th	UKCC 3rd Quarter Meeting
September	13th	NWC Meeting
September	17th / 18th / 19th	Seminar with Phyllis Krystal
September	20th	SSE National Teachers’ Day
September	26th / 27th	Regional Meetings
October	4th	Region 4 ROAD Show
October	10th	National Youth Day



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National Website
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