

Love and Light

SSSSO(UK) – monthly update



March 2005

A Welcome from the UK Chair

Dear Friends,

Sai Ram!

Welcome to the first edition of 'Love and Light', the UK Council newsletter on this auspicious day of Shivarathri.

The aim of this newsletter is to provide dates of forthcoming events around the United Kingdom and to give you a flavour of activities that took place in the previous month along with some thought provoking words from our Beloved Swami.

Please do share this newsletter within the Sai family in the United Kingdom by forwarding it on or printing it off for those who are unable to access a PC. The newsletter will be circulated on the 9th of every month.

If you have any feedback, please email it to

ukccnews@hotmail.co.uk

Shobhna Patel

Your true nature is Bliss – realise it

"There is a difference between happiness and bliss. In common parlance, "happiness" is momentary. It comes and goes. Bliss is something that wells up from within. It emerges from the heart, as a result of one's union with God. If one feels separate from God, one cannot experience bliss."

Sathya Sai Baba

A Message from the Central Co-ordinator, United Kingdom & Ireland

Sai Ram!

This year heralds the 80th Birthday of our beloved Bhagawan and the 8th World Conference. The theme of Unity, Purity and Divinity also befits this auspicious year. During the year let us take stock of our spiritual growth to date and assess to what extent we are putting into practice Swami's universal message of "Love all; Serve all".

The Organisation is an ideal vehicle to enable each one of us to undertake service in the spirit of selfless love. Let us maximise this opportunity to render

service and thereby sanctify our lives. The process begins with the self through spiritual enquiry, understanding, expansion and ultimately reaching out to all our brothers and sisters of the world.

Ishver Patel

Sri Sathya Sai Service Organisation (UK) Central Council Meetings

The SSSSO(UK) Central Council comprises: UK Chair, UK Vice Chair, UK Secretary, 4 National Wing Co-ordinators, 8 Regional Chairs plus representatives from: BISSE, Sathya Sai Schools and Sri Sathya Sai Charitable Trust.

The SSSSO(UK) Central Council meets quarterly at various locations around the UK. The National Wing Co-ordinators and National Co-ordinating Committee also meet shortly after the Council meetings.

News from the Youth Wing

National UK Youth Pilgrimage Roadshow

There have been a number of calls from Centres interested in getting youth who went on the Pilgrimage to come and address the devotees.

If you would like the National UK Youth Pilgrimage Roadshow team to do a presentation on the last Youth trip, please contact Shitu.

Lights, Camera – Action !

The Youth Wing is looking for adults and youth to come forward and join a new project called S.I.T.A (Sathya Sai Information Technology and Arts). S.I.T.A needs enthusiastic and skilled people in the following fields: Photography, film/video editing, PA, Powerpoint presentations, all areas of I.T., graphic designers, magazine editors and creative artists. If you are interested, please contact Shitu.

Sathya Sai Leadership Training Programme (SSLTP)

The SSLTP has a few places available on its forthcoming 2005 cohorts. SSLTP is a one-year programme designed to train and develop members of the SSSSO. Rooted in the teachings of Sri Sathya Sai Baba, its aim is not to produce 'leaders' but to develop essential leadership qualities. Six Module Days over the course of a year give an opportunity for interaction

between candidates and module facilitators. If you are interested please contact Shitu.

The 'S' Factor

The National UK Youth Choir (NYC) is looking for youth who have an interest in music or singing. The key requirements are enthusiasm and dedication. The main aims/objectives of the NYC are to:

- * Provide a forum through which youth can explore devotional/spiritual music;
- * Provide a structure which can nurture and develop the musical skills of its members;
- * Inspire others through music;
- * Develop confidence within youth members through performances;
- * Promote spirituality through music.

If you are interested please contact Shitu.

Shitu Chudāsama (ritashitu@hotmail.com)

National Youth Co-ordinator

Sai Spiritual Education

Are you interested in being a part of the National Examination & Training Board? It's a golden opportunity to be a part of this enthusiastic and hard working team. Please contact your Regional SSE Coordinator or the National SSE Coordinator for further details.

Opportunities include:

- * Setting /marking the national SSE examinations
- * Being a group 3 year 3 project marker
- * Being a member of the steering team currently reviewing manuals
- * Being a member of the team working with group 4 or Sathya Sai Parenting

There are many more projects...details in future issues.

Sharmila Parikh (c.parikh@tesco.net)

National SSE Co-ordinator

Region 3 SSE School – Ceiling On Desires Programme.

Children of the Region 3 SSE School have been running a COD programme, whereby the savings from it have been contributed to the Eye-to-Sai project. Just before Christmas, the School saved an impressive £2,000. No sooner than the Tsunami struck in Asia, the School was in action again. Our dedicated children undertook various spiritual pursuits (sadhana) to save another £586, which they specifically donated towards the March Sri Lanka International Medical Camp. This worthy contribution will be used to purchase medicines in Sri Lanka.

Kishor Kumar, Chair Region 3

“Ceiling on Desires is a must for leading a peaceful and meaningful life. You must curb the desire to seek more and more wealth and turn your effort to realise the reality within.”

Sri Sathya Sai Baba

Spiritual

The forty days of Lent end 19th March. The third day after the Crucifixion, when Christ 'rose from the dead' is commemorated on Easter Sunday.

Kiran Patel, National Spiritual Co-ordinator

Service

Sri Lanka International Medical Camp

The Sri Lanka International Medical Camp, led by Region 1, commences on March 11th and continues until March 26th. It will be conducted in six places in Sri Lanka. There are 149 participants on the Camp. They include 54 professionals: 24 doctors, 4 eye surgeons, 4 dentists, 9 nurses, 10 pharmacists and 3 counsellors. The remaining 95 are general volunteers. The fact that this Camp was being planned last year long before the Tsunami – and the fact that tons of medical supplies were left in Sri Lanka after the Youth Pilgrimage/Medical camp to Puttapparthi (Nov. 04) – shows how divinely guided our actions are.

We all wish the trip every success and know that it will be showered with every blessing and grace. God Speed!

Bharat Handa, National Service Co-ordinator

Diary Dates 2005

UKCC Meetings: Quarterly

National Wing Meetings: Quarterly

SSE Activities: National Teachers' Day: 17th July.
Train the Trainer 2005 on 17th & 24th April 2005
(minimum spaces so book early)

SSEHV National Day: 17th September.

National Sathya Sai Retreat: 19th – 21st August.

Interfaith Days: May tba; 10th September;
10th December.

Isle of Wight Satsang, Ryde: 18th September

BISSE Activities:

SSEHV Values Alive Awareness: 19th March (Area 1);

Values Alive Events:

26th – 30th March (Wembley)

30th April (Hove, Sussex)

31st May – 3rd June, Broadstairs, Kent

Sathya Sai Values in Parenting,

Four Saturdays 16th and 30th April, 7th and 14th May (Croydon)

SSEHV 8-day Training:

21st and 28th May, 4th, 11th, 18th and 25th June, 2nd and 9th July (Croydon)