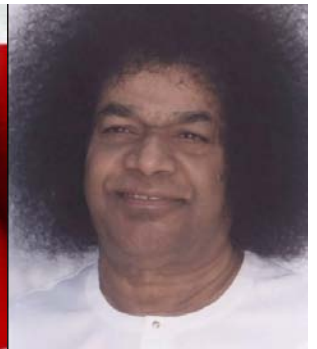




*Sri Sathya Sai Service Organisation (UK)*

**Love and Light**

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



"True devotion consists in offering all your thoughts and actions to God and yearning for His grace. Devotion confined to a brief spell in the pooja room (shrine) or temple is not true devotion. During that time, devotion seems to swell within you and you feel at peace but, once outside, the peace is lost and anger takes its place. This cannot be called devotion. Bhakti (Devotion) has been described as a state of non-separation from God. Regardless of time, space or circumstance, one should feel closeness to God – that is Bhakti. True devotion transcends the limitations imposed by one's daily routines and the obligations of life " - Sri Sathya Sai Baba

# Happy 85th Birthday!





Dear Love & Light Readers,  
Happy Birthday !

To commemorate this very special year of our Beloved Bhagawan Baba's 85th Birthday. It gives me great honour and privilege to invite you and your family to the below events taking places around United Kingdom during the sacred month of November.

Devotees from all over United Kingdom will be joining together to take part in Akhand Bhajans and Swami's 85th Birthday celebrations. If anyone thought we would let this momentous event pass without so much as a Bhajan, Cake or balloon is in for a surprise! I look forward to bringing you a pictorial album of these events in the December edition. Thank you for all your kind love and support. Once again please do try and attend as many of these events as you can.

Lovingly

Shitu Chudasama  
National Chairperson

## REGION 1: London - South East & West



**Region 1 Birthday Celebrations** – 85 hour vigil consisting of chanting and bhajans. The vigil will also include our Region 1 Akhand Bhajan on the 13th-14th November. Prayers will commence on Thursday 11th November 8.00am and end on Sunday 14th November 9.00pm. Venue: Sai Mandir (next to the Shree Ghanapathy Temple), 131-133 Effra Road, Wimbledon, London SW19 8PU

### Birthday Celebrations:

**Brixton Sai Centre: 21st Nov:** 10am - 12 noon, Norbury Manor High School for Girls, Kensington Avenue, Thornton Heath, Surrey CR7 8BT

**Bromley Sai Centre: 20th Nov:** 7pm - 9.30pm, Bromley United Reformed Church, (Lovell Hall), 20 Widmore Road, Bromley, Kent BR1 1RY.

**Chessington Sai Centre:** 23rd Nov: 8pm -10pm, 95 Meadow View Road, West Ewell, KT19 9TT

**Kingston Sai Centre:** 28th Nov: 9am - 11am, Barnfield Community Centre, Parkfield Road, Off Park Road, Kingston Upon Thames, KT2 5RY.

**Lewisham Sai Centre, 23rd Nov:** 7pm - 9pm, 4A Clarendon Rise, Lewisham, London SE13.

**Merton Sai Centre:** 23rd Nov: 7pm - 9.30pm, Sai Mandir, 131-133 Effra Road, Wimbledon, London SW19 8PU.

**Mitcham Sai Centre:** 26th Nov: 6.30pm - 9pm, "Omprashanthi" 5 Renmuir Street, Tooting, SW17 9SR.

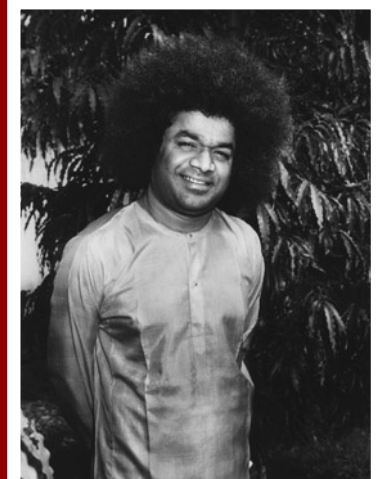
**Pollards Hill Sai Centre:** 27th Nov: 6.30pm - 8pm, 4 Oriel Close, Mitcham, Surrey CR4 1PA



**Thornton Heath Sai Centre:** 18 Nov: 8pm - 9.30pm, Winterbourne Junior Girls School, Winterbourne Road, Thornton Heath, Surrey CR7 7QT.

**Tooting Sai Centre:** 21st Nov: 9am - 12 noon, Fircroft School, Fircroft Road, London SW17.

**Wimbledon Sai Centre,** 21st Nov: 9am - 12 noon, Riversdale Primary School, 302A Merton Road, London SW18 5JP.



## REGION 2: London - North East & West



**Region 2 Akhand Bhajans:** 13th – 14th November, Timing: Commences at 6.00pm until 6.00pm the next day. Venue: South Oxhey Primary School, Oxhey Drive, South Oxhey, Watford WD19 7SL.

**Harrow East Sai Centre:** 21st November, Timings: 6:00am to 12noon, Venue: Whitchurch Primary School, Wemborough Road, Stanmore, Middlesex, HA7 2EQ

**Pinner Sai Centre,** 21st November, Timings: 9.00am – 11.00am, Venue: Whitmore High School, West Gym, Porlock Avenue, South Harrow, Middlesex, HA2 0AD

**Greenford Sai Centre,** 21st November, Timings: 11.00am – 1.00pm, Venue: Stanhope Primary School, Mansell Road, Greenford, Middlesex, UB6 9EG

**Wembley Sai Centre,** 25th November, Timings: 8.00pm – 9.30pm, Venue: Dennis Jackson Hall, London Rd, Wembley, Middlesex, HA9 7EU

**Alperton Sai Centre,** 27th November, Timings: 2.30pm – 4.00pm, Venue: Brent Indian Association Community Centre, 116 Ealing Road, Wembley, Middlesex, HA0 4TH

**Southall East Sai Centre,** 27th November, Timings: 6.00pm – 9.00pm, Venue: Dormers Wells High School, Dormers Wells Lane, Southall, Middlesex, UB1 3HZ

**Slough Sai Centre,** 28th November, Timings: 4.00pm – 6.00pm, Venue: The Langley Pavilion, Langley Road, Slough, Berkshire SL3 8BP

## REGION 3: London - East & Central

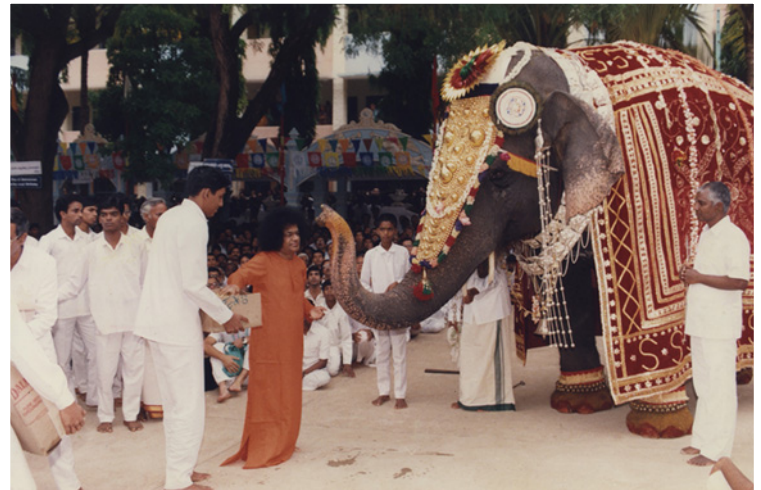
**Akhand Bhajans (East London):** 13th – 14th November, Timings: Saturday 6.00pm to Sunday 6.00pm, Venue: East London, Christchurch Primary School, Wellesley Road, Ilford, Essex, IG1 4LQ

**Akhand Bhajans (Mill Hill):** 13th – 14th November, Timings: Saturday 6.00pm to Sunday 6.00pm, Venue: St Andrew's Primary School (next to Orange Tree Pub) Totteridge Green, Totteridge Lane, London, N20 8NX

**Akhand Bhajans (Milton Keynes):** 13th – 14th November, Timings: Saturday 6.00pm to Sunday 6.00pm, Venue: Japanese Buddhist Temple North Willen Park, Willen Lake, (Access via Brickhill St. V10), Milton Keynes, MK15 0BA

**Akhand Bhajans (Central London Sai Centre):** 13th – 14th November, Timings: Saturday 6.00pm to Sunday 6.00pm, 93 Guilford Street, Russell Square, London, WC1N 1DN

**Region 3 Birthday Celebrations:** Sunday 28th November, Timings: 3.00pm – 7.00pm, Venue: St Andrew's Primary School (next to Orange Tree Pub) Totteridge Green, Totteridge Lane, London, N20 8NX



## REGION 4: Midlands

**Akhand Bhajans (Birmingham & Coventry):** 13th – 14th November, Timings: Saturday 12.30pm to Sunday 12.30pm, Venue: Vidya Sagar Bhavan, 50 Livingstone Road, Handsworth, B20 3LL.

**Akhand Bhajans (Leicester):** 13th – 14th November, Timings: Saturday 12.30pm to Sunday 12.30pm, Venue: Shree Ram Mandir, Hildyard Road, Leicester, LE4 5GG

**Akhand Bhajans (Nottingham)** Saturday 13th November, Timings: 12.30pm – 5.00pm, Venue: Queens Walk Community Centre, Queens Walk (Off Houseman Gardens), Meadows, Nottingham, NG2 2DF

**Akhand Bhajans (Rugby):** Sunday 14th November, Timings: 6.00am – 12noon, Venue: Shree Kalyan Mandal, 4-6 Kimberly Road, Rugby, CV21 2SU

**Leicester Birthday Celebrations,** 21st November, Venue: Athena Conference and Banqueting Centre, Queen Street, Leicester, LE1 1QD, Timing: 2:00pm to 6:00pm

**Rugby Birthday Celebrations,** Saturday 20th of November, Timings: 3pm -6pm  
Venue: Dunchurch WI Hall, Southam Road, Dunchurch, Rugby CV22 6HT

**Coventry Birthday Celebrations,** Tuesday 23rd November 2010, Timings: 7pm - 9.30pm, Venue: Sports Hall, Shree Krishna Temple, Harnall Lane West, Coventry CV1 4FB



## REGION 5: North England

**Akhand Bhajans - Northwest Sai Centres** (including Bolton, Sandbach, Warrington and Greater Manchester Sai Centre), Sunday 14th November, Timings: 6.00am-6.00pm, Venue: Veda Mandir, 1 Thomas Holden Street, Bolton BL1 2QJ.

**Akhand Bhajans (Newcastle Sai Centre),** Sunday 14th November, Timings: 9.00am-5.30pm, Venue: Cobalt Business Park, Unit 3.1, Silverfox way, Newcastle-Upon-Tyne, NE27 0QJ

**Akhand Bhajans (Lidget Green Sai Centre),** Saturday 13th November, Timings: 6.00pm-9.00pm, Venue: 252 Legrams Lane, Lidget Green, Bradford, West Yorkshire BD7 2HR.

**Region 5 Birthday Celebrations:** Sunday 28th November, The Patidar Samaj Hall, Legrams Lane, Bradford.



## REGION 6: South England

**Basingstoke Sai Centre :** Sunday 21st November, Timing: Commences at 2.00pm, Venue: Carnival Hall, Council Road, RG21 3DH.

**Woking Sai Centre:** Sunday 21st November, Venue: Woking Maybury Centre, Surrey. For further information please contact: ahmet--atak@hotmail.com.

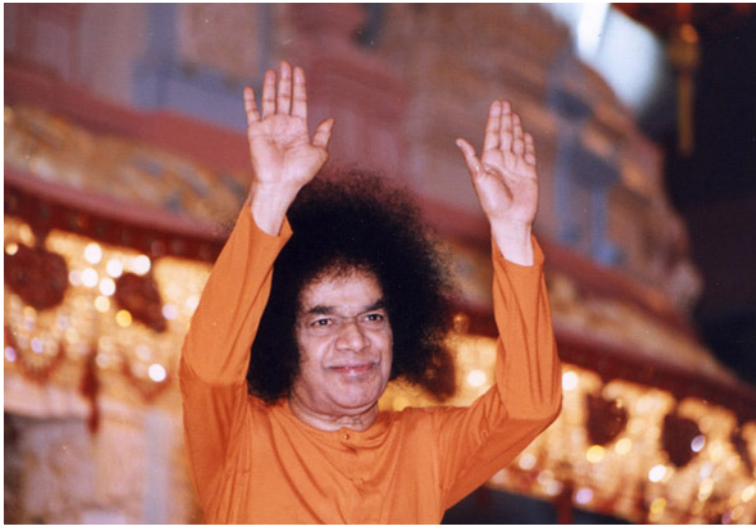
**Farnborough Sai Centre:** Tuesday 23rd November, Timing: 5.30pm – 10.00pm, Venue: The Tamu Nepalese Community House, 160-162 Mytchett Road, Mytchett Surrey GU16 6AE.

**Horsham Group:** Celebrations at Mary Bingham's Farm, Date: TBC.  
For further information please contact: mbull476@btinternet.com.

**Rochester Sai Centre:** Saturday 27th November 2010, Timing: Commences at 4pm  
For further information please contact: yasminabeckettcole@yahoo.co.uk



## REGION 7: South West Counties of England & Wales



**Laksharchana:** Sunday 7th November, Timing: 10.30 am, Venue: Claverton Down Community Hall, Claverton Down Road, Bath, BA2 6DT

**Regional Akhand Bhajans:** 13-14 November, Timing: 9pm on Saturday concluding at 6.00am on Sunday. Venue : Claverton Down Community Hall, Claverton Down Road, Bath, BA2 6DT. For further information please contact: Nirmala.Pisavadia@sightsupport.org.uk

**Region 7 Birthday Celebrations:** Sunday 21st November, Timing: commences 12.15pm with lunch,

## REGION 8: Scotland

**Region 8 Birthday Celebrations:** Saturday 27th November 2010, Edinburgh, Timings 12.00 – 4.00pm. For further information please contact: saipri@aol.com

**“The last 27 years of my life at Swami’s Lotus feet,  
15 of those years in His service have been the most fulfilling in my life”**

**Aimé Levy**

Former Central Coordinator of UK & Ireland  
Former Central Council President of UK

With the support of my wife we have been able to grow spiritually and experience the genuine love of Swami and His devotees and from day one we were welcomed.

I clearly remember the first time I was given vibhuti and a book to read from the Swiss Cottage Sai Centre in Finchley Road, London where we watched Richard and Janet Bock’s films which we still treasure. That was in 1983 – in 1984 we went to India to see Baba and receive His darshan.

We have been through many interesting experiences and coped with them through His Grace and protection without which we would not have been able to survive. On the other hand, we were showered with so many boons and given so many opportunities to serve Him which were only possible in the Sai Organisation. We have made hundreds of marvelous friends in our travels back and forth to Puttaparthi and all over UK for satsangs. We have seen many miracles, from the first interview when Swami materialised warm sweet oily halwa from his hand in front of 23 UK devotees, to countless other materialisations and life-changing transformations and healings.

We have met the great devotees of Swami – Kasturi, Hislop, Murphet - and benefited from their talks and example. Everything we wanted to do He encouraged us – “Start, Start” He would say. He always stresses the importance of encouragement. So I encourage you to dive deep and do not say there are no pearls in the ocean as Swami once said. If you get fully involved and do everything wholeheartedly you will be able to feel near the end of your life that everything has been worthwhile and that this life has been the most fortunate of all.

Swami used to say “you still think you are one individual and I am another individual, but it is not so. There can be no individuals separate from one another. There is no guru and no disciple, there is no God and no devotee, there are no opposites, there is no second, always there is only One. I am you and you are me, I am the One, the knower of consciousness, I am the witness of the illusion. This consciousness which you love so much is only an illusion – it is the basic cause of all unhappiness and your true state is before this consciousness arose”. SAI RAM



Aimé Levy - bottom right

# United In Sai



The principle of unity, all of us know from His Discourses and Writings, is very dear to our beloved Lord Bhagawan Sri Sathya Sai Baba. He once said to a group of boys, "If ten of you clean a hundred roads, I do not feel happy. When all the ten of you together clean even one road, it gives me immense joy. You should possess such Unity". The 'work' is not so important for Him, but the 'worker' is! This is not surprising at all since real Unity is a direct manifestation of Love which is His very Nature, His very Life and Message. It is only in an ambience of Love that we become capable of understanding each other, and living or working together.

Once a group of boys had an opportunity to pray to him thus, "Please bless our team unity Swami!". Swami replied, "If you remind yourselves why you are performing all these activities, and for whose sake, then there will not arise any problems with your unity".

Swami emphasizes that this unity should go beyond the exercise of coming together in large numbers. More importantly it should be manifested in achieving harmony in our thoughts, words and deeds. He was once bringing this home to all of us in a telling manner, whilst chiding one of the brothers during the course of an Interview: "This fellow behaves in one way in my Presence, and differently when He returns home. This is what I do not like. Are you 'playing games' in My Presence! Remember that I am always with you, in you, around you. I know everything that you do there at home. Be the same in both places, here and there!" At another time, when a brother said to Him, "Swami, when we are engaged in activities in our hometowns, we are often left wondering if Swami would know of this"! Swami replied, "My dear son! It is dependant on how you feel. If you feel that Swami knows everything, I behave accordingly. If you feel that Swami does not know, then I behave in that fashion. Swami is reflection, reaction, resound! The way you feel, so is My Behaviour". How Profound!

Of course, Swami knows everything. But the question is: Do we know this? Do we have faith in this? Faith in oneself, faith in God, and faith that the same God exists in all is essential to experience and manifest Unity.

During one group interview a brother asked, "Swami, How do we develop and strengthen our faith in You?" Swami said, "There is no need to develop or strengthen it. Faith Exists! But you are burying it deep. Do you believe in your mother?". The boy replied yes and Swami continued, "How do you believe? A doubt that she may not be my mother never arises even once in your mind, does it? Mother identifies your father for you; you believe that as well, don't you? How come a doubt never bothered you that this person may not in fact be your father! You have carried on with implicit faith in your mother and whatever she told you. Now do you see that Faith already exists in you! But as you grew up, so did your doubts. Now if your mother were to say something, you comment and criticize. It is this same predicament that you experience with Swami too! My dear son, Man is born with faith. You have faith in a barber, in a driver, and in a washerman: But not in God! That is a mistake. You must believe in God". This inherent Faith within each one of us, let us enjoy the benefits it brings to the full.

United in Sai- unity based on faith in Sai and Love for Sai- we must resolve to be on the occasion of our dear Bhagawan's 85th Birthday. Then we shall experience joy and bliss, like the Pandavas united with Lord Krishna, did in the Mahabharata times. And unlike their cousins, the Kauravas!

**Dr Veeru Rao (Former Sai Student, Prashanti Nilayam)**



By Madhvi Sai

## THE MAGIC OF FORGIVENESS

Next to love, forgiveness is perhaps the most misunderstood term in the human language.

*"Self lives by getting and forgetting..... Love lives by giving and forgiving."  
- Sathya Sai Baba*

So what is this 'Forgiveness' that Baba is talking about? Forgiveness is the process of releasing the negative feelings given to us by another (perceived or otherwise). Baba says that forgiveness is the supreme virtue in the world and we must learn to forgive and forget if we are to progress in our journey to the heart. Forgiveness however, cannot be learned from textbooks; nor can it be acquired either from any one or anything outside us.

When we have a conflict with someone, we feel anger and hatred; our minds become very narrow, our hearts close and our negative feelings only escalate. We feel insulted, unfairly judged, belittled or demeaned and that the treatment received by us was totally unjust and undeserved. Maybe our most dearly held views of our selves have been challenged.

This feeling is soon replaced or joined by anger, often thinly disguised as indignation. Anger demands action, or at the very least, some form of explanation that had better be acceptable to us. So instinctively, we react to the situation with thoughts of retaliation. If we are rash or impulsive, we rush headlong into this line of action, often with regrettable outcome. Our inner light becomes obscured in a vicious cycle of negativity. Just as instinctively, we may wish to see the wrongdoer punished, by us or by any other 'worldly' system.

Forgiveness is not an easy thing for a lot of us. We hold within us grudges, bitterness and resentment, which later manifest in stress, ulcers and poor health conditions. Many of us tend to associate forgiveness with allowing another to "get away with" whatever it is that he or she has done. We tend to forget that if someone has done us harm, they will be accountable for their actions with or without our anguish. Every action breeds a reaction. Do not unto another what you do not like to be done to yourself ....for another is really "you". Do not attempt to find fault with others. Make every effort to recognise the divinity in everyone. Look upon all with love and respect; and with faith in their sincerity. Hurting others amounts to hurting our own self. The greatest obstacle in our life is our negative ego, which blocks our happiness and peace of mind

This supreme virtue can only be developed within one's self in times of difficulties, by practicing love and tolerance. Baba advises us to dissect our emotions, step back from them for a moment and gain new perspective. Write them down in a spiritual diary/journal to gain clarity. Negative feelings evaporate whenever they are analysed calmly, honestly and are managed constructively.

The practice of silence, Namasmara, Bhajan, Japa and Dhyana will stand us in good stead, when distress assails us. Pray for the strength to carry out your resolutions. Fill every moment with sacred thoughts, with pure feelings and pure actions.



# 85 Years Love in Action

**W**e are very fortunate to witness and share the joy of the 85th Birthday Celebrations of our Beloved Lord, Bhagawan Sri Sathya Sai Baba. We are indeed blessed and are grateful to Bhagawan to have given us this unique opportunity of being His contemporaries, experiencing and rejoicing in his every move in the Divine Mission. I look back upon His Life and I am humbled how much He has achieved and done for humanity at a human level.

What started as a small village school has today evolved into a fully functioning University with several colleges affiliated to it which have caught the attention of the educational authorities in the Indian Government. As a prelude to these, there are also primary and secondary schools to ensure one receives fully integrated education at all stages. A small hospital in the Puttaparthi village in response to the prayer of a great devotee and mother to Bhagawan has today evolved into a specialist hospital that treats masses of humanity free of charge. Lost hopes have been revived with faith and vigor. When the masses of humanity were dying for want of clean water, Bhagawan took upon Himself to provide this.

We have been witnessing an expression of Divine Love in areas of Educare, Medicare and Socio-care. This clearly is the hallmark of Love, of Tyaga (Selfless Sacrifice). Tirelessly, He has been working since His declaration in 1940, thinking of no one but others. Whilst I am singing away His Glory and extolling what He has achieved, I am unable to ask myself, so what have I done for Humanity to reflect His Glory?

85 years of Love in action. Whilst I am rejoicing, I am also troubled that we only have a very limited period left of His physical tenure. In fact recently, when some of the students had approached Bhagawan to offer a commemorative musical album, His response was "now only 10 years left, isn't it?". If this doesn't strike a chord in each one of us, then I don't know what will. Brothers and sisters, let us arise, awake and respond to His Divine call.

He has shown the sort of selfless Service one could undertake. The feeling behind the act is equally important. The master is very sensitive to every thought or emotion that one feels.

My mind goes back to the days when I was just 18 years old. In those days, the dining room used to be sited on the ground floor in the ashram in Brindavan. After finishing dinner, Bhagawan used to walk pass the front corridor amidst the students before using the staircase to His bedroom. On one such occasion, I noticed that Bhagawan had finished His dinner quickly and was preparing to walk back. On seeing this, I rushed to the other boys remarking, "Swami coming, Swami coming!". Bhagawan at that very moment made his presence, came near me and repeated the same words I had used earlier, very softly whispering, "Swami coming, Swami coming". He then stared at my eyes and smiled, acknowledging that He knew everything.

On another occasion, Bhagawan was returning back to Brindavan from Parthi. He was very gracious to have arranged a car for me to follow His car. As is expected, whenever Bhagawan travels, one would invariably find a train of other devotees following closely behind as well. Everyone wanted to inch just behind Bhagawan's car, and we weren't an exception. In the process, I was shouting and using all sort of language against the devotees who were overtaking us, some of the language was quite deplorable on reflection. We must have travelled a few miles when Bhagawan's car suddenly braked, with all other cars braking in the process. Our car was too fast to stop. As a result, we collided with another car that was in front of us. Bhagawan's car then moved ahead with all other cars closely following. The bumper of our car was jammed and locked with the other car. I walked out and climbed over the car bonnet in the hope of unlocking the two cars which I managed to eventually do. Unfortunately, our car had sustained significant damage. The other car hardly had a scratch and moved on. We were stranded, not knowing where we were. We then went through lot of hardship e.g. bullocks towing us to a nearby village, late bus and train journey with no food or drink etc. When we reached Brindavan the next morning, Bhagawan was eagerly waiting for us, constantly enquiring with the devotees around on our whereabouts. As soon as we reached, Bhagawan walked straight to me and displeasingly said, "What? Using bad language at My devotees? Punishment! Punishment!" He continued in the same tone, "What, You thought I didn't know? You climbed on the car and like a monkey were jumping trying to dislodge the two cars. Swami knows everything!". This was a great revelation and lesson to me. Bhagawan resides in all beings. He feels everyone's thoughts and emotions. We indeed would get closer to Him if only we were to serve Him in this spirit, to feel and experience Him in all beings.







**T**his month Region 2 are participating in National Sewa Day (NSD). NSD are a non-profit organisation committed to spreading the true meaning of 'Sewa' (their spelling) and to spread that spirit of 'selfless service' throughout The UK.

This is proposed as an annual event and we are very fortunate that this year, it is being held on Sunday 21st November, during Swami's 85th Birthday Celebration period - and a day on which most of our centres will be organising service activities to offer to Swami. How wonderful that we will have the opportunity to do this, and be able to participate with other organisations on this day. How apt, too, that those who previously had no concept of selfless service will be joining in at this time - it will certainly please the Universal Teacher. The day also marks the start of Inter-Faith Week this year.

Interest in participation has already been indicated by Businesses, Charity and Spiritual Organisations. This includes many temples, churches, guru-dwaras and synagogues. To an extent, it will be similar to other national events such as Red Nose Day, Sport Relief, etc. but with no fund raising involved and emphasis being on reaching out to offer service and bring some joy to the recipients. Currently, there are over 50 other organisations - with around 9,000 volunteers - taking part. Total numbers interested in participating nationally now exceed 25,000 - all joining forces on this one day to bring a positive change within our communities. The project has been endorsed by religious community leaders, members of parliament, celebrities and personalities - including Tony Blair.

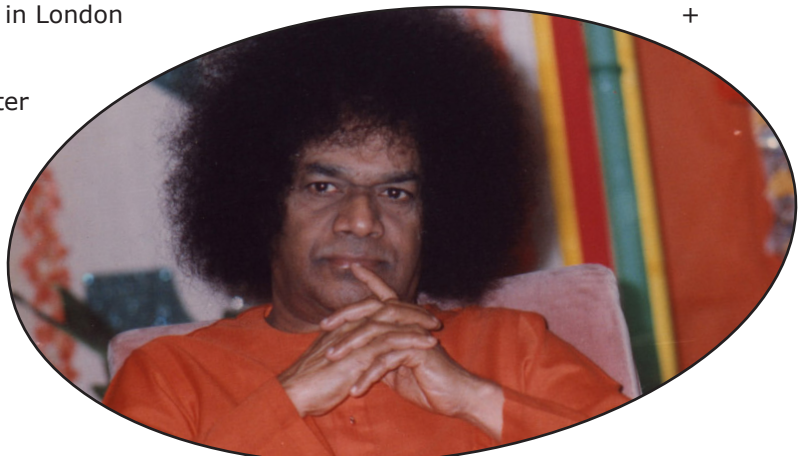
Within Region 2 - regionally we are collecting new toys for ages up to 16 yrs to support the Heart FM Children's Have a Heart Appeal.

Our centres have submitted some wonderful offerings of selfless service and love to bring joy and laughter to the elderly, blind, homeless, children in foster homes and also to help the environment. Members across the Region are joining hands with all age groups to serve. Some of the planned activities are:

- Helping a local charity shop to publicise and reorganise
  - Agelink - provide gift boxes, devotional singing, lunch party
  - Fruit baskets for the sick at Northwick Park Hospital
  - Essential gift boxed personnel items for 92 seniors in a care home in Norwood Green.
  - Outing to Kew Gardens for a small group of blind from the Ealing Association for the Blind.
  - Ashiana - entertainment by children and food seva for about 50 seniors.
  - Food for the homeless at Mother Teresa Kitchen in London
- gift packs.

It is not too late - there is still time for anyone to register and volunteer. Tree planting (a new forest is being created in St Albans), collection of used spectacles, packing essential items for sending to our soldiers abroad are just some of the projects available for all to participate in. Further details can be found on the NSD website, [www.nationalsewaday.org](http://www.nationalsewaday.org).

Sunita Verma  
R2 Service Wing Co-ordinator



# Spiritual day – “Sai Showers”

## Region 3 Update



On 16 October, Milton Keynes Sai Centre and Region 3 hosted a spiritual day entitled Sai Showers based on the concept of Swami's Summer Showers. The theme for the day was "Love All, Serve All" and the programme composed of a talks, video, panel discussions and Bhajans. The event was attended by devotees from Region 3 and we were fortunate enough to have the National Vice Chair Bro. Mel Griffin.

The Programme commenced with Vedic chants of Purusha Suktham followed by Bhajans by the SSE children. Bro Seelan welcomed all present and provided a wonderful introduction to the theme "Love All, Serve All". He emphasised the need for all present to keep focus and implement at least one of the many messages of Swami that will be discussed during the course of the day.

The morning session was focussed on setting the scene for the rest of the day. Four SSE students Ashveer Ramlugan, Akanshu Ravi, Anjuli Sharma and Suvarna Moodley from the MK Sai Centre accepted the opportunity to serve Swami by speaking on an aspect of his message "Love All, Serve All". Ashveer spoke on: What is "Love All, Serve All" and said that Love should come from within and should be disinterested and spontaneous.

Akanshu spoke on: What is the purpose of "Love All, Serve All". He said that the Royal, most easiest way to God is to Serve and Quoted Swami "Hands that Serve are Holier than Lips that Pray". He further elaborated that "Service eradicates the ego and instils discipline.

Bro Mel spoke about the joy of having the Sai students in the Sai Organisations. He reiterated that "Love All, Serve All" is also the theme for the upcoming World Conference. He shared his experience of Love All, Serve All within the Sai community and paid tribute to devotees both past and present who have dedicated their lives to living Swami's message of Love All, Serve All.

We then had a spellbound 45 minutes with brother Krishna Subrahmanian on: What does it mean to Love All, Serve All and Why do we find it difficult to Love All? Bro. Krishna elaborated on this topic and narrated incidents from his student life under Swami's guidance to clarify this complex topic. He said that one cannot be taught to "Love All, Serve All", instead it has to be learnt by practice.

The next SSE student Anjuli spoke on: How should we participate in Service? Anjuli iterated that Our Love for God should manifest as Service and elaborated on our attitude and state of mind to Service.

Suvarna spoke on: Who should we serve? Suvarna reminded us that Swami is always encouraging us to see Sai in everyone and to serve anyone in need. She explained that any service done for beings that are suffering will reach the Lord as all are His.

All 4 students were inspiring and had thoroughly researched their talks. They clearly articulated Swami's message through their choice of stories, quotes, practical examples, questions and answers – sometimes putting people in the audience on the spot with some of their thought provoking questions.

We then had the dynamic Dr Chun talk on: Why Serve All and Who is an Ideal Sevak. Dr Chun touched on how the Lord of the Universe, Krishna demonstrated through his actions the principle of "Love All, Serve All" in the same way the Lord of the Universe Sai is demonstrating to us today.



After lunch we had ex Sai Students, Sister Vidyu, Bro Biju, Bro Kartik, Dr Chun and Bro Partish participate in a Panel Discussion facilitated by Bro Aanand. The panel focussed on two key questions: What can we do so as to be able to Serve All and How does the Principle of "Love All, Serve All" enable one to be the recipient of God's Love and Grace, and realise Divinity. The programme concluded with bhajans from the Mill Hill Sai Centre.



## AVATAR DECLARATION DAY

### Region 4 Update



Devotees from Leicester, Birmingham, Coventry, Wolverhampton, Staffordshire and Mid-Wales converged on the tiny village of Leebotwood, Shropshire, to celebrate Avatar Declaration Day on Saturday 23 October, the Saturday following the actual anniversary, which was Wednesday, 20 10 2010.

The programme started with Vedam chanting and bhajans and then Guest speaker, David Crossweller from Bath, led the way with his own journey. The programme was designed to relate to both our history and the history of the Divine Mission, which started on 20th October 1040. We were relating to 'His Story' and also historical milestones in general. The mini-workshops brought out our own time-line stories and our part in His Story so far. Then David showed us all where our roots should become shoots and then fruits, by telling us how his heart connection in the past has led to his commitment to international seva in the present, through 'Wherever the Need', a charity bringing sustainable solutions to places and people suffering disease and distress in Africa, Sri Lanka and India. The programme closed with bhajans and Arathi.



It was a roots and fruits day most certainly with a strong flavour of seva past, present and future - relevant to today and reminiscent of the yesterdays that have given us today. Behind this was the universal backdrop and historical milestone of United Nations day (24th October). Surrounding UN day is ONE WORLD WEEK, a good time each year to relate to the roots of our service organisation and also stretch out to the four corners of the Earth in and for universal accord.

Sarah Edwards, Chair, Shrewsbury Group, Region 4

## Sylvia Alden Visits the UK



United Kingdom was blessed with a 2 week visit by Sylvia Alden on route to India to see Swami. For those who have not spent Christmas in Prashanthi Nilyam, Sylvia has been one of the International Choir Co-ordinators each Christmas for the past 12 - 15 years. Last year the choir consisted of 926 brothers and sisters from all around the world and Sylvia's charm and humour won the hearts of everyone in her task to unify everyone in song.

Sylvia, who first went to see Swami in 1978, is affiliated with the Sai Centre in Washington, Seattle and sits on the Central Council for America. Sylvia spent some of her time at various centres in Region 4 recalling her many experiences with Swami and included a very well attended Ladies Wing Sathsang in Leicester. Sylvia also visited the Sathya Sai School, meeting the children and teachers. It also seemed only appropriate that Sylvia would conduct a choir workshop whilst in Leicester which was thoroughly enjoyed by everyone and gave a small taster for things to come in Prashanthi this December.

A retired schoolteacher, Silvia was teaching predominantly Native American children and other ethnic minority groups of children who had many problems, Sylvia was also a Bal Vikas Guru, an EHV teacher, Regional Co-ordinator and EHV Advisory Board member which is no longer in existence. So this made Sylvia the ideal candidate to be the guest speaker at the National SSE Teachers Day Conference in London. And whilst in London Sylvia called in to Mill Hill Sai Centre too.

As this was Sylvia's first trip to the UK, it was a great opportunity for her to see and experience a little more of the English countryside with a short stay in Darsham, Suffolk at a weekend retreat. During her time there Sylvia not only shared her experience with other ardent devotees but also joined in with the Sri Sathya Sai Narayan Katha which is part of programme of 85 readings towards Swami's Birthday Celebrations.

Sylvia's visit passed by so quickly and everyone had such a wonderful time in her company and we all hope she will come and visit us again soon.

# SATHYA SAI SCHOOL, LEICESTER

*"Blessed is the man whom the Lord doth test!"*

*I answered. "He has remembered, now and then, to put a burden on me."*

The Sathya Sai School in Leicester has undergone many changes at the start of this academic year after the visit of the Chair of the Education Committee, Sri Sathya Sai World Foundation, Bro Kalyan Ray. Due to the Grace of Swami and His instruments: The Sri Sathya Sai Charitable Trust; we now have two dedicated playgrounds: one for the little ones with safety flooring so that they can play without getting hurt. The other is marked out with pitches and games for the primary and secondary children. Play is the beginning of learning and it's wonderful to see all the children excited and playing at break times and lunchtimes. Also after one year of magnolia walls the school is now full of colour; Prashanti blues & pinks and there's more to come during this year. The paint was kindly arranged and donated by a devotee and during the last half term volunteers poured their love into the walls as they painted.



## Ofsted Keystage 4 (GCSE) Registration & Inspection Visit

This September 2010, the start of the tenth year of the school, we started GCSE courses (keystage 4) with 11 students in year 10. As required we were visited by Ofsted this month for a material change inspection for Keystage 4. The inspection related to education matters and focussed on the suitability of teachers to teach this range and the suitability of the curriculum, resources, furniture and outside recreational space for older students. A brief summary of the inspector's advice to the Department for Education (DFE) is given below, the full report is available on the school website:



The curriculum meets the requirements of the National Curriculum and is supplemented and reinforced with value-oriented education through the SSEHV programme. It is appropriately planned to cater for the full secondary age range of 12 to 16. The school provides a well-conceived careers education programme which starts in year 7 and extends with options in Year 9 and work experience in year 10, culminating in Year 11 with guidance on future life opportunities. Strong links have been established with the Connexions service and local businesses.

Experienced Secondary Teachers have been appointed with suitable qualifications. In lessons observed they demonstrated good subject knowledge so that students learned effectively and made good progress.

Secondary students demonstrate a high level of maturity and responsibility in lessons and around the school. Their behaviour and relationships with others is excellent.

The well thought out assessment system is based on GCSE grades for each subject and includes an annual report to parents showing their children's attainment, GCSE grade targets and the progress made towards these.

A tour of accommodation shows that students benefit from a wide selection of high quality resources including GCSE text books, well equipped practical rooms for design and technology and science and computers for research.



School documentation shows that the school continues to safeguard its students effectively.

The accommodation has been subject to full risk assessments and all classrooms, the dining room and office spaces fully comply with health & safety requirements.

Quality of lessons observed: GOOD teaching, GOOD Progress, GOOD curriculum

## The school meets the requirements in full.

The school is now registered as a school providing for pupils aged 3 to 16 years, for a maximum of 150 pupils. Thank you Swami for helping us to achieve another stepping stone!

**Usha Lim - Headteacher - Sathya Sai School**



# Sathya Sai Leadership Training Programme 2009/10 – The end is near!



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader"  
John Q Adams

Just over a year ago the Sathya Sai Leadership Training Programme commenced its 2009/10 Programme. 13 candidates were selected to be part of this unique programme, which has been running for over 13 years. During the course of the year the candidates participated in 7 modules and two outward bound weekends covering various facets of leadership, as well as completing numerous assignments and group work activities.

As part of the programme, in the attempt to consolidate learning, candidates were split in four project groups and asked to undertake key projects, identified by the SSLTP Coordinating Committee, to tackle some of the challenges faced in our Organisation. The projects included:

- Examining the structure of the UK Sai Organisation;
- Exploring ways to inspire the next generation of office bearers;
- Looking into the various communication tools used within the Organisation; and
- Identifying ways to effectively manage gathering information from various wings and sections of the Organisation

On the concluding day of this year's Programme, 30th October 2010, the candidates were asked to present their project resolutions in front of a guest panel which included members of the SSLTP Coordinating Committee, our National Chair, Shitu Chudasama and Prabodh Mistry, SSLTP project management module facilitator.

During the half hour presentation the candidates demonstrated a keen trust for our Organisation by recommending plausible and exciting solutions which will be of great benefit to all. The various outcomes of the projects have been taken on board by our National Chair, Shitu Chudasama, who was full of appreciation, as were other members of the panel, of the hard work and dedication demonstrated by everyone on this year's programme.



As the Sathya Sai Leadership Training Programme 2009/10 draws to a close I would like to take this opportunity to thank all the candidates, the facilitators, members of my committee and everyone else who have been involved in the success of this year's Programme.

I wish all the candidates the very best and like to congratulate them on their achievements. We look forward to your graduation ceremony in December!

For details for next years programme please contact me (deviesh\_tankaria@hotmail.com).

Yours in Sai Service, Sai Ram,  
**Deviesh Tankaria**  
**Sathya Sai Leadership Training Programme Coordinator**



# Diary Dates 2010

MONTH	DATE	EVENT
November	01	All Saint's Day (Christian)
	02	All Souls Day (Christian)
	05	Diwali (Hindu)
	05	Kathina Day (Buddhist)
	13/14	Akanda Bhajans
	14	Remembrance Sunday
	20-21	9th World Conference in Prashanti Nilayam
	21	Birthday of Guru Nanak (Sikhism)
	21	Sangha Day (Buddhist)
	23	Sri Sathya Sai Baba's Birthday
	28	Advent (Christian)
	30	St Andrew's Day (Christian)
December	25	Christmas





# Websites

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

## 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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