

# Love and Light

SSSSO (UK) - monthly update



9<sup>th</sup> October 2005

## Greetings from New Scotland Yard!

Dear Readers

Sai Ram! September was another exciting month of visiting the Isle of Wight and meeting the inspiring Pat Hathaway who at the age of 89 has been organising these annual Satsangs over the last 15 years. This was followed by a visit to Newcastle to speak at the Region 5 Public Meeting that was attended by members of LEA who have been supporting SSEHV for many years. I was also fortunate enough to be invited to an Inter-faith forum at New Scotland Yard, lead by Asst Cmdr T Ghaffur.

October marks the special month of Ramadan. It will also be the 65<sup>th</sup> anniversary on 20<sup>th</sup> October of when young Sathya declared his Avatarhood. As our Beloved Bhagawan's Birthday fast approaches, it's a time for reflection on what we as individuals have done as ambassadors of Sai, whether it be at home, at our Centres or in the community at large. Love & Light

Shobhna Patel, UK Chair

## National SSE Teacher Training and Refresher Course

The 25<sup>th</sup> September 2005 provided an opportunity for teachers both experienced and new to SSE to benefit from the 'National Teacher Training and Refresher Course' in Coventry. The day was filled with 18 workshops ranging from basic to more advanced training including: 'Effective Lesson Planning', 'Bhaja Govindam', 'Bhagavad Gita Slokas', to the more creative aspects such as 'Drama & Music'. Over 170 teachers from all over the UK attended the day and the finale was the inspiring guest speaker, our Central Coordinator, Ishver Patel, who spoke on the topic of faith.

Sharmila Parikh, National SSE Coordinator

## BISSE

A meeting was held recently in Pinner with the SSEHV Co-ordinator for Mauritius. Swami has told her that Mauritius can have an Institute in Sathya Sai Education and the inauguration should be early December. She invited me to attend this. Most importantly, they asked if BISSE would give a training course for them in Mauritius and they would like to promote our books and manuals.

Carole Alderman, Director, BISSE

## Sathya Sai Bookshop

Books, Audio Tapes, CDs, DVDs and Videos

The Bookshop is open 7 days a week between 11 am to 5 pm weekdays and 11 am to 3 pm at weekends.

You can order by post, but a visit to the shop is well worthwhile as you can browse as long as you like, watching videos, listening to music, asking questions and learning about Sai Baba from Sai Workers.

The books are priced with just sufficient margin to cover overheads and be able to offer a small discount to Sathya Sai Centres/Groups who buy in bulk. Visit the website for 'What's New' and 'Suggested Reading'. 19 Hay Lane, Kingsbury, London, NW9 0NH  
Telephone: 020 8732 2886

Website: [www.srisathyasaibooks.org.uk](http://www.srisathyasaibooks.org.uk)

Email: [info@srisathyasaibooks.org.uk](mailto:info@srisathyasaibooks.org.uk)

## Region 4 Public Meeting

Our Public Meeting took place on 1<sup>st</sup> October 2005 in the beautiful setting of the Council Chambers in Leicester Town Hall. Around 40 people, of whom 15 were newcomers, attended it. Local Councillor Mrs Sood attended the meeting. Mukund Patel (R4 Chair) welcomed all and briefed everyone on the programme for the evening. Rosemary Perry talked about Sathya Sai Baba, the Organisation and its major achievements to date; emphasising Sai Baba's message 'Love all, serve all'. Next was Navin Patel who talked about his experiences as a student at Prashanti and compared achievements of the Organisation and its modus operandi with many similar projects in the UK carried out by local government. The film, 'His Work', was then shown. Mukund Patel concluded with a vote of thanks after which refreshments were served.

Ramesh Mistry, Region 4 Vice-chair

## Region 5 Public Meeting

The stylish and modern Performance Academy Hall at Newcastle University was the venue for R5 Public Meeting on 25<sup>th</sup> September. Speakers included Shobhna Patel on 'The SSSSO (UK)', Rosemary Perry on 'Sai Baba and Interfaith', Graeme Hunter on 'Service', Dr Madhavi Majmudar on 'SSEHV' and Lesley Ann Patrick, Head Teacher, on 'The Sathya Sai School, St Andrews'. Sanjay Vaja (Chair, R5) linked all the talks and summarised them well at the end. About 120 attended of which around 30 were newcomers. There were visual displays and delicious food as well.

Editor

## Sathya Sai National Interfaith Forum Saturday 10<sup>th</sup> September 2005

A varied and interesting set of presentations formed the substance of the latest National Interfaith Forum held at the Conway Hall on Saturday 10<sup>th</sup> September. Lightly strung together on the theme of 'Our Divine Nature', the theme was opened by Ishver Patel (Coordinator, UK and N Ireland).

Throughout the day, we heard about the history of neo-Druidry and its links with nature, the power of Vibrational Healing relating to plant-derived essences, the Environment and Vastu Architecture.

We were treated, on two separate occasions, to songs from a very talented young lady. To end the day, and to send us out in a mellow mood, the Youth put together a moving and inspiring audio-video presentation relating to the planet Earth.

Once again, we were all amazed at the wonderful food so lovingly prepared for the attendees.

Editor

## SSEHV National Day 2005

Well over 100 people attended the SSEHV UK National Day on Saturday 17<sup>th</sup> September in Stanmore, North West London. A range of knowledgeable and inspiring speakers working in the field of values education showed that this is a movement that is gathering momentum, with people all over the world, in all different parts of society, working to develop a human values-centric approach to education and life. This in itself was very uplifting. The day began with the lighting of a candle by the Lady Mayor of Harrow, Councillor Paddy Lyne, who spoke about the great need for a programme such as SSEHV in Harrow and beyond, followed by a silent sitting exercise with live flute playing from musician and recording engineer, Pete Townsend, which helped the delegates to feel relaxed and focused, and ready to enjoy the talks.

The keynote speaker was international education consultant, Neil Hawkes, who has dedicated many years of his life to the promotion of Values Education in the UK and internationally. As Head Teacher of West Kidlington Primary and Nursery School in Oxford, Neil led the school community to devise and implement a unique system of Values Education that correlates closely with SSEHV and which won national and international acclaim. A book was written about it called *A Quiet Revolution* by Frances Farrer and it still attracts a lot of visitors today, keen to see how Neil's philosophy works in practice. In 1996 Neil was invited to join a group of international educators at the UNICEF headquarters in New York to found the Living Values program.

Neil is well known as an inspirational speaker, and delegates at the SSEHV National Day were not disappointed.

Other special guest speakers included: Councillor Lurline Champagnie, who had attended the previous year in her capacity as Mayor of Harrow and was invited back this year to expand more on human values in the family setting. She again spoke so movingly about how important human values are to her and how her childhood was filled with music and singing, which is something that has brought her great joy throughout her life, and which is also an integral part of SSEHV.

Martial arts teacher, Keith Banfield, spoke about using sports within SSEHV, Carole Alderman, Principal of BISSE, delivered her report of the year's events and achievements, Lark Beecham gave an overview of recent activities in her region of the South East of England and Rishi Patel spoke about his experiences as a volunteer at Values Alive Events.

Children from an SSEHV after-school club at a local school performed a short play based on the story of 'The Emperor and the Flower Seeds', and musicians Zita Starkie and Richard Braithwaite led group singing that sent everyone home on a high note at the end of the day.

Jo Pratt, PR Officer, BISSE

## "I've got a ticket to Ryde..."

...And I used it to go to the Isle of Wight Satsang on Sunday 18<sup>th</sup> September!

Since 1990 (with two exceptions) this small Group has put on a totally charming event fully in keeping with the unique atmosphere of the island. (Crossing that little stretch of water really gives it a special feel.)

It was heart-warming to see that a small band of young Sai Workers had come from the mainland to help the Group set up for the day.

Talks, music, singing, books, even a film of the 2004 Youth Pilgrimage and home made cakes – what a day. From everyone who attended I offer a huge 'thank you' to all those who made this possible.

Having been billed as, possibly, the last time this Satsang would be run, it was with great pleasure that the UK Chair announced that it would be fully supported by the SSSSO (UK) Council so that it can continue in the future. Editor

"People can act as they please, but they cannot escape the consequences of their actions... Hence, one should enquire before performing an action whether it is good or bad. Wherever you go, the results of your actions will follow you like a shadow."

Guru Purnima Discourse 2005

# Love and Light

SSSSO (UK) – monthly update



9<sup>th</sup> October 2005

## SPECIAL FEATURE

### Region 2 Blessing the Waters of London

After compering the Sathya Sai National Interfaith Forum, themed 'Our Divine Nature', on Saturday September 10<sup>th</sup> in the morning, I was fortunate, later, to be a passenger on board Region 2's boat trip on the Thames entitled, 'A Tribute to the Motherland'.

The 90 or so passengers of all ages gathered at Lambeth Pier as dusk was forming. We all went aboard and were pleased to see a picture of Swami waving at us from the rounded stern of the boat where the floor had been laid with crisp white sheets for the singers.

As the rest of us were all on chairs facing Swami, it was a strange feeling to set off facing backwards with the bow behind us! Ahead of me were the wonderful lights of the South Bank and the London Eye. My monkey mind felt disappointed that our journey was up river not down as they shrank from view.

In the last phase of daylight before dark we began, very gently and softly, chanting 108 Gayatri Mantras along with Swami's recorded version playing through the cabin.

In front was Swami and behind Him the bright lights receding. We seemed to be pulling away from the world. The boat made very little noise itself. We could only hear the water and the lyrical chanting. It was soon very dark. Everyone was at peace. Most faces showed awe at the imagery we were seeing around us and many looked emotional and touched – so powerful was the sense of magic.

Lightening flashed periodically, illuminating the water. Under bridges we went, marvelling at their twinkling light bulb-encrusted beauty as they suddenly loomed before us.

The 108 chants were soon effortlessly achieved. Next, we were guided in meditation. I was amazed, the music chosen for the meditation began with pouring water – just like the one I had led in the morning.

Our Interfaith Forum had acknowledged the elements – now here we were, all consciously intent upon pouring healing love and light into the waters of the Thames – 'Isis'.

Our boat made a wide half turn as we started the devotional singing. We sang familiar, favourite songs. Sometimes moments of synchronicity occurred like the absolutely enormous multiple flashes of lightening as we sang the line, 'Love in Every Heart'!

We all felt our spirits soar. Now, we were gliding back past Lambeth Pier, our starting point – into the glorious lights of the very heart of London. The honey-coloured Houses of Parliament received our vibrations. Stupendous scenes of fabulous floodlit buildings and trees filled with pretty blue lights – all heightened by our connection with the Divine – surrounded our magical boat. We passed Savoy Place where exactly a week before, 160 of our Youth had received Duke of Edinburgh Award certificates in a splendid ceremonial occasion. On we went. Our rhythm, love and joy were exuding from the songs into the river and our surroundings. It was a veritable purification and upliftment of the environment – a true 'Nagasankirtan'! Canary Wharf loomed and dazzled like a firework. Before our final turn (nearly at the Thames Flood Barrier) we all sang 'Arathi' and 'Loka Samastha'. Then a generous and lovely meal was provided as we all shared what a wonderful experience it was. Had our food prayer blessed late Dockland diners? Later, we were all given flowers that we dropped on the water with gratitude and prayers. Buoyed with peace, we stepped off the boat at 10.45pm after a day filled (for me at any rate) with the concept and experience of Nature's Divinity. Thank you Region 2 for a very imaginative, sacred, beautiful and truly memorable experience!

Rosemary Perry, National Vice-Chair

## Diary Dates 2005 –2006

**UKCC Meetings:** Quarterly

**National Wing Meetings:** Quarterly

**80<sup>th</sup> Birthday Celebrations:**

Region 3 – 29<sup>th</sup> October, Brent Town Hall, Wembley

Region 6 – 19<sup>th</sup> November, Park Barn, Guildford

**Akhand Bhajans,** Weekend 12<sup>th</sup>/13<sup>th</sup> November

**BISSE Dates:**

SSEHV National Day, Saturday 16<sup>th</sup> September 2006,  
Venue to be confirmed.

24–28<sup>th</sup> October Values Alive Event, Bina Valsan,  
Venue to be confirmed.