

Love and Light

SSSSO (UK) – monthly update



9th October 2006

His-Story...

Dear Readers,

Sai Ram, September was another busy month of meetings for the UK Council, the Regions and the Wings across the country. It was also in September that the National Youth Pilgrimage members were invited to hold their meeting at Merton Sai Centre and learned from Sister Karunes how Swami gave the divine directions for the formation of the wonderful Sai Mandir there.

This month is a special month in the Sai calendar, the anniversary of when our Beloved Lord declared his Avatarhood on the 20th of October. On this day, in 1940, he declared that he was no longer 'Raju', as he was known to his family but the Purna Avatar. On that particular day, Sathya Narayana lost a collar pin which had been given to him as a gift but this did not affect him, Swami said, 'The worldly link had gone, the moment the collar pin was lost', HE went on to sing the following poem:

*'It was October twentieth, Sunday,
Baba returned from Hampi and was going to school.
The collar pin dropped and could not be found,
That was the day of change;
The worldly attachment left in the form of a collar pin.
The pilgrimage to Hampi too served its purpose.
Baba left home says that Maya
Could not bind him any longer.'*

I hope that on this auspicious day, we take time to reflect on the work that has been done by ONE person who has accomplished many achievements around the world through the message of LOVE.

I look forward to seeing many of my 'Sai sisters' at National Ladies Day on Saturday 14th October, to enjoy a SPA day – Spiritual Pampering All day!

I also hope to see many of you at the National Spiritual Satsang on Sunday 29th October in Leicester, where we will take a trip down memory lane with Swami, through talks and songs from well-known ardent devotees of the UK and around the world.

Love & Light

Shobhna Patel, UK Chair

Sathya Sai Schools

Children save £108 by 'Ceiling on Desires'

Last March in school, in religious education, my class was studying the Christian festival of Lent. As soon as the children had learned about how the Christians fast

by doing without certain foods, they decided to undertake a form of Lent (which is similar to 'Ceiling on Desires'). They stopped eating chocolate and crisps and began to save the monies for a charitable cause. They did this for about six weeks. As other classes in school heard about this, everyone started saving pennies and we raised a total of £57.13, which was given to the local Salvation Army centre. Subsequently, we visited the centre to learn more about what they do and how they help the homeless.

The next term, in assembly we were talking about the expansion of the school in the future and the need for a bigger building. I watched a certain girl, she was in deep thought. She put her hand up, so I asked her what she wanted. She replied, "Why don't we start saving for our own building?" All the children applauded and chorused, "Yes!" So everyone started saving his or her pennies and they raised £108.00 in that term for their new school. I promised them that when we came to open the account for the new building, theirs would be the first amount to go in and it was! So we are on the way – guided by the very children whom we are serving. What an example to follow!

Usha Lim, Head Teacher, Sathya Sai School, Leicester

The Environment and Human Values

Two months ago Dr Prabodh Mistry was invited to Swami's university to participate in a symposium that marked twenty-five years since establishment of the Sri Sathya Sai Institute of Higher Learning. At this event, he presented a paper entitled, 'Water, Energy and Environment – Seeking a Human Values Approach'. Dr Mistry and his wife participated in the symposium from the 8th to the 10th of August and interacted with the university staff, learning and – at times – advising on research and development areas. Another benefit they had was from participation in the Ati Rudra Maha Yagna that took place from the 9th of August.

If you would like to obtain a copy of the paper, please send an email to prabodh.mistry@gmail.com.

Prabodh Mistry, Sathya Schools Co-ordinator

SSSSO UK Bookshop

The bookshop has a NEW WEBSITE and is often adding to its collection of fascinating literature.

Please visit it at:

www.srisathyasai.org.uk

Calling All Youth...

for

A National Youth Satsang

“Living with Divinity”

Guest Speakers: Prashanti Sai Students

Date: Sunday 15th October 2006

Venue: St Andrews School, Kemp Hall, Totteridge Lane,
Totteridge, London, N20 8NX

Time: 10.00am – 4.00pm

Please bring lunch to share. Light refreshments will be provided. For further information please contact Shitu

on: 07967 372 128 or www.saiyouth.org.uk.

Region 1

Lewisham Sai Centre Celebrates Ten Years!

Lewisham Sai Centre celebrated its 10th Anniversary on the 10th of September 2006 with a celebration filled with mesmerising events from 3pm till 9pm. The event began with silent sitting and the Light (Jyoti) Meditation, followed by Slokas, the chanting of 108 Gayatri Mantras and then the singing of five beautiful and vibrant bhajans. A short break followed and then there was a presentation of ‘Sai Vahana’ – The way to God. The presentation was based on Bhagawan’s 9 Point Code of Conduct as the Vahana – or vehicle – that moves forward the Sai devotee’s spiritual practice and smoothes their path in life as well.

During the presentation, there were a few sketches by the SSE students to highlight the Code. Nine of the Centre members presented a well-prepared and astonishing item on the Points of the Code. All the wings i.e. Service, Youth, SSE and Spiritual then followed with a presentation in conjunction with the Centre Chair, Mr Brema Kumar.

After the second break, the very first chairperson gave a speech along with the Founder of the Lewisham Sai Centre, beloved Auntie Jaya.

Two speakers from the Regional Co-ordinating Committee also graced the event: Keith Sithsabesan, the Region 1 Chairperson and Rajes Selvakumar, the Region’s Spiritual Co-ordinator. The event concluded with five more equally beautiful and vibrant bhajans and a blissful Aarthi.

All the members of the Centre worked hard to create this event and contributed greatly to the success of the event and also towards the 10 years of excellence of Lewisham Sai Centre.

Suhunaraj Shanmugam, Spiritual Co-ordinator,
Lewisham Sai Centre.

Keith Sithsabesan, Chair, Region 1

“Welcome everything happening with a ‘Yes’, always say Yes, Yes, Yes, whether it is praise or blame, ill or good.”
Sathya Sai Baba

Region 8

The end of September brought with it a host of festivals that were celebrated in all the Centres in different ways, starting with ‘Shirdi Sai Baba’s Birthday Bhajans’, on Thursday the 28th in Aberdeen, Edinburgh, Dundee and Glasgow, On Saturday the 30th there were ‘Durga Puja Bhajans’ in Aberdeen and house bhajans in Edinburgh and Glasgow. ‘Saraswati Puja Bhajans’ were held on Sunday the 1st of October in Aberdeen and Glasgow, and ‘Dussera Bhajans’ in Glasgow the following day.

Ram Konar, Vice Chair, Region 8

British Institute of Sathya Sai Education Open Door to the Open College Network

One of the advantages of taking the training course in SSEHV is that it opens the door to the Open College Network (OCN) Certificate in SSEHV. The Network is the UK’s foremost provider of accreditation services for adult learning, and it provides recognition of achievement through the award of credit. In SSEHV, we have two levels of the Certificate. The Level 2 subject matter is equivalent to GCSE level material, whilst Level 3 is equivalent to A-level material. Gaining the OCN Certificate is a means of indicating that you are a qualified SSEHV Practitioner

What’s the work involved, in acquiring an OCN Certificate in SSEHV?

You must have taken the SSEHV Training Course, comprising six modules. With each module, there will be a written Assignment, which has to be completed. Then, you will have to complete an additional seventh module, where you will be required to give a presentation about SSEHV, complete a written test paper and produce an SSEHV lesson plan. Full details can be obtained from Dr. Suresh Nesarathnam.

Videos on the Web

The SSEHV videos recently added to our web site www.sathyasaiehv.org.uk/ are now available in streaming format. This means that people can view the videos on the webpage itself without having to download the entire file first. The option to download and save is still there, with the download times reduced significantly.

Carole Alderman, Director, BISSE

Diary Dates

National Ladies Day: Saturday October 14th 2006

National Youth Satsang with Sai Students (Open to all Youth): Sunday October 15th

National Spiritual Day: Sunday 29th October 2006

Forthcoming SSEHV courses are:

Coventry – Intensive Foundation Training: 1st–3rd, 8th–10th & 29th October,

Contact: Michele White 0116 233 9455

Love and Light

SSSSO (UK) – monthly update



9th October 2006

Love and Light Index: March 2005 – September 2006 – For your Back Numbers or the UK Website Archive

Articles by listed by category e.g. 'Spiritual Wing'

BISSE/SSEHV

Good Values Club – Leicester City FC/	
Canada Welcomes SSEHV Training	April 2005
Every Blessing from the UK to TAISSSE!	May 2005
SSEHV National Day (Forthcoming event)	August 2005
SSEHV National Day (Forthcoming event)	September 2005
SSEHV National Day	October 2005
BISSE (Mauritius)	October 2005
Stepping Stone Steps Towards SSEHV	March 2006
BISSE Fluent Abroad	May 2006
Visit to Parliament/Morocco Bound (Promo)	June 2006
SSEHV Teacher Training in Casablanca	July 2006
SSEHV 'Values Alive' Holiday School (Region 5)	August 2006
Musing on SSEHV Training	August 2006
Online SSEHV Lesson Plans	
Visit to the Houses of Parliament by the Good Values Club, Leicester	August 2006

CRB DISCLOSURE

Our 'CRB' Process Now Fully Launched	August 2006
--------------------------------------	-------------

SAI SPIRITUAL EDUCATION WING

National Examination & Training Board	March 2005
Introduction to SSE (Region 5)/	
National Exams/ Manual Update/	
National Teachers Day (Forthcoming event)	June 2005
Annual SSE Exams/Sports Day (Region 1)	August 2005
Children's Pilgrimage to Swami for Guru Purnima (Region 4)	August 2005
National SSE Teacher Training and Refresher Course (Region 4) (Forthcoming event)	September 2005
National SSE Teacher Training and Refresher Course (Region 4)	September 2005
80 th Birthday Celebration (Region 3)	November 2005
Loving God – A Childs Way	December 2005
Pilot SSE Classes (Region 7)	December 2005
Visits to Local Places of Worship (Region 3)	January 2006
Sathya Sai Parenting Study Circles	March 2006
Sathya Sai Parenting Facilitators' Training	May 2006
Sainet and Region 3 SSE	May 2006
National Teachers Day (Promotion)	August 2006
Region 1 SSE Sports and Fun Day	August 2006
Region 1 Basic 'Teachers Training' Day	August 2006
National Teachers Day	September 2006

SERVICE WING

Sri Lanka International Medical Camp	March 2005
Silver "Leicester Green Life" Award to Leicester Central Centre (Region 4)	May 2005
International Medical Camp, Russia (Forthcoming event)	May 2005
Tameside Harmony in Community Project (Region 5)	June 2005
Free Walk-in Health Awareness and Bone Marrow Clinic (Region 3)	September 2005
Christmas Hampers (Region 5)	January 2006
Helping Women (Region 6)	January 2006
SSS Leukemia Awareness Programme	March 2006
Donation of Liquid Love (Region 2)	April 2006
Hatfield Centre Say No to Drugs! (Region 3)	April 2006
Message of Love at the Mela	May 2006
Audience with a Doctor	June 2006
Something Beautiful for God (Region 1)	August 2006

SPIRITUAL WING

Forty Days of Lent	March 2005
Spiritual Relief for the Victims of the Tsunami (Region 3)	May 2005
National Spiritual Wing's Symposium (Region 7)	July 2005
National Spiritual Wing's Symposium (Region 1)	September 2005
National Spiritual Wing's Symposium (Region 6)	September 2005
Overnight Bhajans (Region 7)	December 2005
National Spiritual Wing's Symposium (Region 4)	January 2006
Interfaith (Region 7)	January 2006
Chinese New Year (Region 3)	February 2006
Region 1 Maha Shivaratri (Promotion)	February 2006
Chanting a Pathway to Peace (Region 8)	March 2006
Region 4 Maha Shivaratri	March 2006
Awareness Abounds 1008 Gayatri Mantras (Region 1)	April 2006
Interfaith Harmony in Manor Park (Reg 3)	April 2006
Melodious Ways of Worship – Hari Subramaniam (Regions 1, 2 & 3)	May 2006
Awareness Workshop (Region 1)	May 2006
Anniversary of Focus for Peace (Region 3)	July 2006
Guru Purnima Celebrations (Region 2)	August 2006
Guru Purnima Celebrations (Region 8)	August 2006
Krishna Janmashtami (Region 1)	September 2006
Spiritual Boat Trip (Region 2)	September 2006

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

YOUTH WING

Nat. Youth Pilgrimage Roadshow/S.I.T.A /SSLTP/Nat. Youth Choir	March 2005
First NYCC Roadshow (Region 5)	April 2005
Youth Symposium (Hatfield – Region 3)	May 2005
National UK Youth Pilgrimage II The Return [Nov 2006] (Forthcoming event)	July 2005
National Youth Co-ordinating Committee Event	July 2005
A Private Audience with HRH Prince Philip	November 2005
Visit to Washington DC	November 2005
National UK Youth Pilgrimage II The Return [Nov 2006] (Promotion)	December 2005
Open Evening (Promotion)	February 2006
First Monthly Meeting (Promotion)	March 2006
National Youth Pilgrimage Update	June 2006
Phyllis Krystal – Youth Only (Promotion)	July 2006
National UK Youth Pilgrimage II All Night Bhajans (Promotion)	August 2006

SPECIAL FEATURES

With the Divine Presence in the Kodai Hills...	May 2005
Fiery Spiritual Insights from Brindavan	June 2005
Summer Showers Come to the UK (advance notice of Geetha's July itinerary)	June 2005
"Sugar and Spice and all things nice..."	
Chronicling Dear Geetha's UK Visit	July 2005
Prashanti News	August 2005
National Teachers' Day	
"Make me a True Reflection of You"	August 2005
The SSSSO (UK) and the Duke of Edinburgh's Awards	September 2005
Blessing the Waters of London (Region 2)	October 2005
Happy 80 th Birthday!	November 2005
Extracts from Swami's Christmas Day Discourses	December 2005
National Office Bearers' Conference 2006	February 2006
Regional Office Bearers' Conferences	March 2006
Reflections upon Jesus Christ and the Resurrection at the Heart of the Easter Mystery.	April 2006
Happy Sikh New Year	April 2006
The Ancient Wisdom of the World	June 2006
Medical Conference – The Humanisation of Medicine	June 2006
A [Kalyan] Ray of Inspiration	July 2006
Royal Garden Party at Buckingham Palace	August 2006
My reflections on the Athi Rudra Maha Yagna	September 2006

SATHYA SAI NATIONAL RETREAT

The Power of Love (Promotion)	June 2005
The Power of Love (Promotion)	July 2005
Sathya Sai Retreat, Stourbridge	September 2005

NOBC

80 Years of Love in Action (NOBC 2006) (Forthcoming event)	January 2006
--	--------------

SATHYA SAI SCHOOLS

Satvic Foods at Sathya Sai Schools	April 2005
Sathya Sai Schools Presentation	November 2005
New Year Honour – Harrow School (Region 2)	January 2006
Sathya Sai School, Leicester – Harvest	January 2006
Despondent Teacher Feels Inspired	May 2006
Sathya Sai Schools, Leicester & St Andrews	June 2006
Sathya Sai Schools, Leicester & St Andrews	September 2006

SATHYA SAI NAT. INTERFAITH FORUM

Music for the Soul (Forthcoming event)	April 2005
Music for the Soul (Forthcoming event)	May 2005
Music for the Soul	June 2005
Our Divine Nature (Forthcoming event)	August 2005
Our Divine Nature	October 2005
Phyllis Krystal (Promotion)	July 2006
Love Walking on Three Feet!	August 2006

SATSANGS

Isle of Wight (Region 6) (Promotion)	September 2005
Isle of Wight (Region 6)	
'I've got a ticket to Ryde'	October 2005
Region 1 Satsang	February 2006
Region 2 Satsang	February 2006
Region 3 Satsang	February 2006
Region 4 Satsang	February 2006
Region 5 Satsang	February 2006
Region 6 Satsang	February 2006
Region 7 Satsang	February 2006
Region 8 Satsang	June 2006
Isle of Wight (Region 6)	
'Living with Sai' (Promotion)	July 2006
Region 6 Satsang – Region Cuts its Ties!	July 2006
Region 6 Satsang – Rochester Open Day	July 2006
Isle of Wight (Region 6)	
'Living with Sai' (Promotion)	August 2006
Isle of Wight (R 1/6) 'Living with Sai'	September 2006

SATHYA SAI LEADERSHIP TRAINING

Outward Bound Weekend	May 2006
-----------------------	----------

CELEBRATIONS

Easwaramma Day (Region 1)	June 2005
Easwaramma Day (Region 4)	June 2005
Easwaramma Day (Region 5)	June 2005
Laksharchana (Region 6)	November 2005
80th Birthday Celebration (Region 3)	November 2005
80th Birthday Celebration (Region 4)	December 2005
80th Birthday Celebration/	
Ladies Day (Region 5)	December 2005
80th Birthday Celebration (Region 6)	December 2005
80th Birthday Celebration/Ladies Day (Region 7)	December 2005

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

Merton Centre's 25th Anniversary	February 2006		PUBLIC MEETINGS
Easwaramma Day (Region 3)	May 2006	Region 6	May 2005
Easwaramma Day (Region 1)	May 2006	Region 1	July 2005
National Ladies Day:		Region 2	July 2005
Giving Wings to Our Hearts (Promo)	July 2006	Region 3	July 2005
Giving Wings to Our Hearts (Promo)	August 2006	Region 7	July 2005
Giving Wings to Our Hearts (Promo)	September 2006	Region 4	October 2005
		Region 5	October 2005
REMEMBRANCE			
Pope John Paul II	April 2005	SATHYA SAI HUMAN VALUES NETWORK	
Harry Mansbridge	June 2006	(Promotion)	May 2005

ARTICLES BY REGION:

REGION 1		SSE Visits to Local Places of Worship	January 2006
Easwaramma Day Celebrations	June 2005	Chinese New Year Celebration	February 2006
Public Meeting	July 2005	Satsang	February 2006
Annual SSE Exams/Sports Day	August 2006	Regional Office Bearers' Conference	March 2006
National Spiritual Wing's Symposium	September 2005	Interfaith Harmony in Manor Park	April 2006
Devotional Singing Workshop	September 2005	Hatfield Centre Say No to Drugs!	April 2006
Merton Centre's 25 th Anniversary	February 2006	Melodious Ways of Worship –	
Satsang	February 2006	Hari Subramaniam	May 2006
Maha Shivaratri (Promotion)	February 2006	Sainet and Region 3 SSE	May 2006
Regional Office Bearers' Conference	March 2006	Easwaramma Day	May 2006
Awareness Abounds -1008 Gayatri Mantras	April 2006	Anniversary of Focus for Peace	July 2006
Melodious Ways of Worship –			
Hari Subramaniam	May 2006	REGION 4	
Easwaramma Day Celebrations	May 2006	Silver 'Leicester Green Life' Award to Leicester	
Awareness Workshop	May 2006	Central Centre	May 2005
SSE Sports and Fun Day	August 2006	Easwaramma Day Celebrations	June 2005
Basic 'Teachers Training' Day	August 2006	Children's Pilgrimage to Swami for	
Something Beautiful for God	August 2006	Guru Purnima	August 2005
Isle of Wight "Living with Sai" (Promotion)	August 2006	National SSE Teacher Training and Refresher	
Krishna Janmashtami	September 2006	Course (Forthcoming event)	September 2005
Isle of Wight (R 1/6) "Living with Sai"	September 2006	National SSE Teacher Training and	
		Refresher Course	October 2005
REGION 2		Public Meeting	October 2005
Public Meeting	July 2005	80 th Birthday Celebration	December 2005
Blessing the Waters of London	October 2005	National Spiritual Wing's Symposium	January 2006
New Year Honour – Harrow School	January 2006	Satsang	February 2006
Satsang	February 2006	Maha Shivaratri Celebration	March 2006
Regional Office Bearers' Conference	March 2006	Regional Office Bearers' Conference	May 2006
Donation of Liquid Love	April 2006		
Melodious Ways of Worship –		REGION 5	
Hari Subramaniam	May 2006	First NYCC Roadshow	April 2005
Audience with a Doctor	June 2006	Easwaramma Day Celebrations	June 2005
Guru Purnima Celebrations	August 2006	Tameside Harmony in Community Project	June 2005
Spiritual Boat Trip	September 2006	Public Meeting	October 2005
		80 th Birthday Celebration/ Ladies Day	December 2005
REGION 3		Christmas Hampers	January 2006
Ceiling on Desires Programme	March 2005	Satsang	February 2006
Spiritual Relief for the Victims		New Monthly Calendar Launched	June 2006
of the Tsunami	May 2005	SSEHV 'Values Alive' Holiday School	August 2006
Youth Symposium (Hatfield)	May 2005		
Public Meeting	July 2005	REGION 6	
Free Walk-in Health Awareness and		Public Meeting	May 2005
Bone Marrow Clinic	September 2005	Isle of Wight (Promotion)	September 2005
SSE 80 th Birthday Celebration	November 2005	National Spiritual Wing's Symposium	September 2005
		Isle of Wight, 'I've got a ticket to Ryde'	October 2005

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

Laksharchana	November 2005		
80 th Birthday Celebration	December 2005	UK Chair	
Helping Women	January 2006	A Welcome from the UK Chair	March 2005
Satsang	February 2006	Greetings from Bonnie Scotland!	April 2005
Regional Office Bearers' Conference	April 2006	Greetings from the South!	May 2005
Isle of Wight 'Living with Sai' (Promotion)	July 2006	Greetings from Bath...	June 2005
Satsang – Region Cuts its Ties!	July 2006	Summer Showers of Sunshine and Laughter	July 2005
Satsang – Rochester Open Day	July 2006	Greetings from the Holy Abode!	August 2005
Isle of Wight 'Living with Sai' (Promotion)	August 2006	Greetings from Savoy Place, WC1!	September 2005
Isle of Wight (R 1/6) 'Living with Sai'	September 2006	Greetings from New Scotland Yard!	October 2005
		Greetings from St James' Palace....	November 2005
		Greetings from Prashanti Nilayam...	December 2005
		The Future is Bright...	January 2006
		All is One....	February 2006
		The Journey Has Begun...	March 2006
		...Sing Hosanna to the King of Kings...	April 2006
		A Mother's Pride...	May 2006
		...England's green and pleasant land...	June 2006
		Postcard from Prashanti	July 2006
		Listening to a Legend...	August 2006
		The Divine Call...	September 2006
		Central Co-ordinator	
		A Message from the Central Co-ordinator,	
		United Kingdom & Ireland	March 2005
<hr/>			
REGION 7			
Public Meeting	July 2005		
National Spiritual Wing's Symposium	July 2005		
80 th Birthday Celebration/ Ladies Day	December 2005		
Interfaith	January 2006		
Satsang	February 2006		
Regional Office Bearers' Conference	March 2006		
Easwaramma Day	June 2006		
REGION 8			
Chanting a Pathway to Peace	March 2006		
Office Bearers Conference and Satsang	June 2006		
Guru Purnima Celebration	August 2006		
Open Day at St Andrews School	September 2006		