



The Ninth Month

Dear Readers, Sai Ram!

As mentioned in the August issue of Love and Light, our National Chair and three other members of your Central Council are attending a Conference of the European Zones in Athens. As such, I am pleased to say that the honour of writing this month's editorial has been left to me. I, also, was to join the trip as the fifth delegate, however I can only say that Swami's need was for me to be here to write this editorial.

Our council members flew out on Friday 5th September, leaving behind severe weather warnings from the Met Office, and arriving to find temperatures of 35°C in Athens.

However, the experience of such a diverse and profound conference is going to make exciting reading in our next month's issue.

As we enter the ninth month of the Islamic Lunar calendar and the month of Ramadan, time is spent for spiritual reflection, prayer and spending time with family and friends. August saw for us the return of our National Sathya Sai Retreat, which took place in Stourbridge, with the keynote speaker Phyllis Krystal enchanting everyone in the hall.

This was a very welcome return of a very popular event in our calendar. So, our thanks and gratitude goes to the Retreat Planning Group, who organized a very successful and well-attended event. Whilst there was some apprehension about holding it over a Bank Holiday weekend, the feedback was actually positive whereby delegates welcomed the extra day off on Monday to rest.

This was followed by a truly successful SSE National Teachers' Day on 30th August at the Winston Churchill Hall. The theme was aptly named as 'Let the love we're sharing spread its wings', and with some 115 teachers attending from across the UK, the intensely interactive day was extremely well received. This leads me on to mention the remarkable work carried out by the Youth Wing at your Sathya Sai School in Leicester. Whilst there is a separate mention in this newsletter on this, I am compelled to repeat it here also. The Youth undertook extensive renovation of the school and created an additional classroom. Staff at the school have said they are

extremely pleased and grateful at the very high standard of work.

A quick mention that there are details published in this issue regarding the circulation of the long awaited Handbook for Officers Bearers. I would encourage you to read this.

Finally a mention that if you do get the opportunity to attend one of the talks being given by one of Swami's ex-students, Ashwin Venkatesh, please do take advantage of it. Well, I trust you enjoyed reading this editorial as much as I did writing it!

Love and Light,
Kishor Kumar, National Secretary

Handbook for Office Bearers

On Sunday May 13th 2007 at the Office Bearer Training and Refresher Day in Milton Keynes, it was announced that a Handbook for Office Bearers would be produced. On September 2nd 2008 a draft issue of this handbook was sent to your Regional Chair. Accompanying it was a request to circulate it along, with a covering letter from our National Chair Rosemary Perry, to all Centres and Groups within the region. Just to remind you, the purpose of this Handbook is to provide current and future Office Bearers with a source of answers to frequently asked questions.

Particularly for new Office Bearers, this Handbook will be a valuable fount of knowledge and will help them to fulfil their roles more effectively.

The process has been to collect as many questions as possible from grass roots members right up to national Office Bearers. Having sorted the questions into various categories, answers were solicited using a number of different methods. For example, 'experts' in particular fields such as the Criminal Record Bureau (CRB), BISSE, Sathya Sai Schools etc. were approached to organise groups of experienced people to provide answers to the questions.

The approach taken for this Handbook has always been to maximise its value, and so it was important to tap in to the wealth of knowledge and experience we have in our Organisation. This extends from the newly appointed office bearer at a Centre/Group, who undoubtedly has a multitude of questions

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to ask, to the very experienced national office bearer who may have struggled with these questions and now has a multitude of answers to give. It is believed, using this methodology, that the Handbook will become an essential 'tool' for the Office Bearer, alongside their mobile phone, iPod, Blackberry and the SSSSO UK Organisation Manual.

Why circulate a draft of the Handbook now, you may ask? The purpose of sending it out is to obtain as much feedback, comments and additional questions as possible. Your Regional Chair is already in possession of a draft copy of the Handbook and is actively circulating this to all Centres and Groups in your Region. Collective feedback from your Centre or Group MUST be passed to your Regional Chair by October 1st 2008. Following which the Handbook will go into final editing and refining ready for printing. It is the Council's intention to publish it on Swami Birthday of this year. For this to happen, it is important for Office Bearers and members of your centre or group to really spend some time looking at this draft copy and providing your feedback.

Kishor Kumar, National Secretary

National Spiritual Day 2008

"In Love we are ONE"

**18th October 2008 10:00 – 16:00 hrs
204 LEYTON ROAD E15 1DT.**

The Start: The day will start at 10:00 with Vedam Chanting and Multi-faith prayers followed by devotional songs to welcome Swami. This will be followed by an inauguration ceremony where the Spiritual Wing Co-ordinators of the eight Regions will light lamps to acknowledge the presence of our beloved Lord and reverentially accept HIM as the chief guest for the day.

Main (Guest) Speaker: Many of you have heard Geetha Ram (see Love and Light Issue 5, July 2005) from US – the daughter of Dr Padmanabhan of Prashanthi. On this day, Geetha's brother Prithviraj will be speaking. We are sure that he will take us all in to new realms of spiritual awareness. His talk will be in two sessions of one hour each before and after the lunch break.

Drama: The students of Sri Sathya Sai School in Leicester will stage a drama enacted specially for this occasion.

Devotional Songs: The UK Youth (Girls) Choir (which performed in Swami's divine presence in 2006 in Prashanthi) will be performing an array of uplifting devotional songs and, we are sure, make you all feel the presence of Swami in the hall.

The End: The day will close with a short session of devotional songs – this time by the Youth (Males) Choir. They will render an uplifting devotional songs session for you to carry the divine vibrations with you all when you leave the hall.

But once again - we need you there on this day. Please come over and share the happiness of the day with the rest of the devotees. A day not to be missed!

Selva Kumar, on behalf of the National Spiritual Day Planning and Organising Team

Sathya Sai School, Leicester

A big thank you from the head teacher

The Sathya Sai School Leicester had its first Fete and Open Day on 29th June 2008, from 11am to 4pm. The event was organised by the parents of the school, who also organised the food, prizes and art & craft stalls. The Directors of the school opened the fete by lighting candles, around the golden Buddha in the school garden, followed by multi-faith prayers from the pupils. The day was full of fun filled activities and delicious food. The prospective parents were shown around the whole school, together with the general public from the local community. The older pupils gave a breathtaking Karate performance outside in the playground. Due to Swami's grace, the rain came only after the fete ended at the scheduled time of 4pm! All had a wonderful day and I thank all those who took part in organising this event and those who supported the event by turning up!

When most of the people involved in Sathya Sai Education were attending the World Education Conference (WEC), in Prashanthi Nilayam in India, many of our Youth were working towards major changes to the School. With support from lots of devotees they worked very hard over some 20 days and transformed almost all areas of the school. When we returned from the WEC, on 12th August, we were struck by the enormity of the achievement! One could feel the love of the devotees that was clear to see from their achievement. In fact some of the devotees were still coming at weekends to put beautiful finishing touches to the classrooms and outside areas.

On behalf of the school (staff, children and parents) I take this opportunity to say how grateful we all are to see your devotion manifesting in such great work carried out at the school.

Usha Lim, Head Teacher

(Submitted by Prabodh Mistry, Sathya Sai Schools Representative)

National Sathya Sai Retreat **"You Are Me, I am You, We Are One"** **22nd to the 24th of August**

After a two year gap, this years SSSSO UK National Sathya Sai Retreat took place on the weekend of 22nd /24th August. 143 spiritual aspirants from all over the UK attended it.

This year we had three new members on the Planning Group: Jackie Mansbridge, Carol Horsey and Mathan Arulvel. With Swami's grace all went well. As usual Navin Raval did a sterling job in sorting out accommodation for all. This is the most challenging task as requirements vary for many individuals as well as couples. Caroline and Mathan worked well as MCs for the weekend.

Our Key speaker for the weekend was Phyllis Krystal.

Carol Horsley is our new devotional singing star with guitar. Over the weekend she beautifully sang English devotional songs during devotional singing sessions with songs she wrote herself.

Various individuals who conducted well-attended workshops ably supported us. The Sri Sathya Sai Bookshop run by Navin Patel, Exhibition and reading materials by Sarah Edwards. Heather and Chandrika helped in Canteen as well as in Great Hall.

This year we had many new people who attended including many who used to attend Newbury Retreat. The feedback was positive from many at the end and looking forward to the next years Retreat.

Thank you all for supporting us in various ways to make this special weekend a success.

**Ramesh Mistry for the
National Retreat Planning Team**

National Sathya Sai Retreat **A View From the Regions**

On our return from our annual holiday, we made the reconnection with the Sun in our hearts at the Retreat at Stourbridge. "I am You, You are Me, We are One". The first evening Phyllis Krystal talked of how happy she was with this subject and set the scene for the whole weekend with the advice to say, "Swami, make me your instrument", and let Him do the doing. Don't try too hard, because that's you, the ego, let him act through you. All the questions that were asked came back to the same answer, **Swami, make me your instrument.**

On Saturday Phyllis, aged 94 years! Guided us through a meditation of Ceiling on Desires, tuning in to see where each one of us needed to pay attention, with some surprises too!

Also how to connect to Swami's heart and send out love.

Sunday bought another way of opening our hearts by connecting with Swami's heart and eyes and tuning into the flower that appeared in our hearts, opening it if it was closed and spreading the radiance throughout our bodies. Phyllis is such a wonderful example of what she teaches....

The main hall was beautifully decorated with candles and flowers and the five value signs, all under the stained glass window depicting the schools ethos of giving sustenance and learning. This is where we came together for devotional singing, talks, Taize workshops, and House plays, skits, songs, poems and individual stories based on the theme of the Retreat which made up the Saturday evening entertainment. These were alternatively creatively poignant, melodious, thoughtful and very funny - all prepared within one day! You can imagine!

The workshops were: Constant Integrated Awareness, The Laws of attraction, Devotional singing, Living in God, Love thy neighbour as Thyself, Vastu Altars, With Love Man is God There was something for everyone. One person told me she had been waiting three years for an answer, which she had been given in one of the workshops! Powerful stuff. The devotional singing led by the Youth was heart moving. We also had many new English songs from the talented guitar playing Carol Horsey. Caroline Vasey and Mathan Arulvel superbly kept the whole show on the road with readings, quotes and jokes. A lovely, lovely Retreat in the company of Sai and our brothers and sisters.

Philippa Malcomson, Region 6 Chair

SSE National Teachers' Day 2008

**'Let the Love We're Sharing Spread Its
Wings...'**

On Saturday 30th August approximately 115 delegates, guests and an excellent crew of volunteers came together to celebrate National Teachers' Day 2008 at Winston Churchill Hall in Ruislip. The theme for the day was LOVE; **'Let the love we're sharing spread its wings...'**

Forty years ago, on 4th July 1968 Sathya Sai Baba said:

"I have come to light the lamp of Love in your hearts, to see that it shines day by day with added lustre. I have not come on any mission or publicity for any sect or creed or cause nor have I come to collect followers for any doctrine. I have no plans to attract disciples or devotees into my fold or any fold. I have

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come to tell you of the Universal, Unitary Faith, this Path of Love, this Duty of Love, this Obligation to Love."

The aims of the day were to instil love in everything we do and give Sai Spiritual Education teachers in the UK:

- An opportunity to review and celebrate Sai Spiritual Education
- An opportunity to network with teachers from the 8 regions
- To look at why Swami has placed us in this most important of roles... Sai Spiritual Education teachers.
- To enable us to 'be, do and tell', lead a disciplined life and develop a creative approach to value based education.

As Rosemary Perry, UK National Chair, lit the lamp and strains of oriental music began. All in the hall were transported to Prashanthi as they received Darshan from our beloved Lord, Sathya Sai Baba, in the form of a DVD presentation of 'Sundararupaya'.

Rosemary took the audience through a brief history of 40 years of SSE in the UK, which was interspersed with her own personal reflections. She emphasised the wonderful work that has gone on in SSE and how the SSE wing continues to build on its strengths and meet the needs of our students today.

After an introduction to all the regional SSE coordinators, a letter from our Zonal Chair, Kishin Kubchandani to all the teachers was shared, with his key message being, 'Let us remember we are HIS instruments through whom perhaps Harmony and Peace will come, therefore be ready at all times to live up to the challenges. The quality of our lives ultimately comes down to the quality of our contribution and sacrifices we make in meeting those challenges. As teachers you are engaged in the noblest profession, by elevating the lives of others your life reaches its highest dimension.'

Ishver Patel, Central Co-ordinator (UK and Ireland), gave an overview of the recent World Education Conference in Prashanthi Nilayam, highlighting the three significant discourses given by Sathya Sai Baba during the conference that Sai Spiritual Educationists need to take on board:

- 'Develop educate and be united'
- 'Lead an ideal life and set an example for others'
- 'Love is truth, truth is love, live in love'

He expanded on the fact that, in the UK, we have taken steps over the last few years to develop a curriculum for SSE to enhance the current syllabus.

Dr Veeru Rao, shared his experiences highlighting the fact that his Balavikas (SSE)

lessons were an extension of teachings from his parents and vice versa. He hence did not feel any distinction between home life and the lessons. The lessons learnt at such an early age remain with him today because of the overwhelming sense of love, belongingness and togetherness he felt with his teachers and parents.

Karunes Ratnasingam spoke of the 'benefits of a disciplined life' highlighting the need for physical, mental and spiritual discipline. She spoke of the fact that discipline is essential for the success of man, in whatever field. Discipline enables us to better handle things with equanimity. She concluded by saying that as teachers we need to have 'purity, patience and perseverance' to inspire our students and be ideal role models who provide the correct nurturing environment for them. The participants had an opportunity to discuss quotes by Sathya Sai Baba on discipline relevant to parents, teachers and students.

The Curriculum Development Team gave a comprehensive account of what the curriculum is and how it will benefit the SSE children in the UK. The curriculum contemporises the way SSE lessons are planned and delivered. It enables teachers to be creative in their outlook and approach, and tailor their lessons to the students in their classes around a structured framework with defined learning outcomes. Feedback was shared from teachers and Champions in each region who have piloted the curriculum since January 2008. An updated curriculum CD (containing the necessary documentation to pilot the programme) was given to each participant. The pilot will continue in the new academic year. There will be issues with regard to curriculum changes, such as national examinations and content and these will be addressed in due course.

Ajit Popat spoke most eloquently on 'Love in Action'. He had the audience enthralled in his inimitable way with love, humour and humility recounting his experiences with Swami and noting that 'we must realise that we are not working for God but rather we are working with God.' 'God is humanly divine and divinely human!'

Ishver took the stage again to take the teachers through an interactive session to further understand how the LOTUSS (Life's Opportunity To Understand Self and Spirituality) programme works. LOTUSS bridges the crucial gap between completion of the SSE programme and the Youth wing and is therefore intended for students aged 16-18. This presentation was enhanced by an

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exhibition of quotes from Summer Showers 1990, presented by Region 1 LOTUSS students.

Dr Veeru Rao has, previously, won the All State singing competition and been a Prashanthi Mandir singer. He conducted a session on one of the essential teaching techniques; group devotional singing entitled 'Love through music'. He was ably assisted by Nishit Patel on the harmonium. If the song and singer are one then love is truly expressed through music. The song should be an offering given to Swami by the singer, and not just an expression of musical ability. He advocated teachers to encourage students to compose new English Bhajans. Even the non-singers amongst the teachers were inspired by this rousing presentation and concluding medley.

Pravina Patel, Region 4 SSE coordinator, in her usual bubbly and lively manner had the 'little grey cells' of the teachers working as she got them to share their top tips for dealing with SSE case scenarios.

Lakshmi Puvanendran summed up this truly inspirational day that concluded with the wonderful compere, Yogesh Patel giving the vote of thanks and Gayatri, Region 2 Service coordinator (who, along with her army of volunteers, ensured that the needs of all present were catered for), taking Arthi.

If you attended NTD 2008 and did not receive a copy of the curriculum CD or the Slokas CD on the day please speak to your Centre / Group SSE coordinator or Regional SSE coordinator who will arrange for you to receive a copy.

As you commence the SSE classes in the new academic year in your respective Centres ponder on this, Sathya Sai Baba says....

"The profession of a teacher is the most responsible one in every country. It is the noblest, most difficult and important. The ignorant and blind declare that a man, who cannot earn a living, otherwise, becomes a teacher. On the contrary, the teacher is really the one who teaches others how to live. Teaching is the holiest spiritual practices for self-realisation for it involves the cultivation of selfless love and showering and sharing of love. The teacher moulds the rising generation into self confident, self reliant, Atma conscious persons. He is the architect of happy homes, prosperous communities and peaceful nations. He has not only to equip himself with knowledge and skills to inform and instruct, but also vision and insight, to inspire and transform. Children absorb from teachers and elders habits and manners, behaviour and beliefs. Therefore a teacher

has to be a constant example of ideals he has to implant in the hearts of children. He must excel in humility, simplicity, morality and integrity so that education results in excellence. The children who grow under his wise care will shine as lamps of love in their homes, radiating courage, joy and hope. Let the beacons never fade. Let the lamps be ever bright."

**Lakshmi Puvanendran,
National SSE Co-ordinator**

Medical Camp to the Ukraine (Bogodukhov)

28th June – 5th July 2008

We thank Dear Swami for giving us this opportunity to participate in this medical camp that took place in Ukraine, in the town of Bogodukhov. Bogodukhov means the city belonging to the spirit of God!

A team of 21 medical specialists and volunteers from UK and four from USA reached Kiev airport on 27th June and travelled six hours onwards to the camp site in the region of Kharkov. Medical specialists and volunteers from four countries joined the service camp – Ukraine, Russia, U.K. and U.S.A. This was the first medical camp to take place in Ukraine, under the banner of Sri Sathya Sai Service Organisation. This was a real blessing from our Lord to show love and unity, as all these teams became one and worked in true harmony.

There were 210 volunteers From Russia, in which there were two "non medical" teams. A 'Building Brigade' was formed to help renovate the hospital, orphanage, school and a few old people's homes. Also, a hard working group, made up of plumbers, electricians, carpenters and masons joined in these projects, giving these institutions a new lease of life.

The social work included plumbing, electric fittings in a needy school, sewage repair and replacement, repair and replacement of wash basins, taps, steel pipes, floor, walls, toilets, fence and so on, in several schools / kindergartens. Library & gymnasium of schools were also refurbished.

There were 90 doctors from all the above mentioned countries, who provided specialist treatment in the fields of Cardiology, ENT, Paediatrics, Ophthalmology, Physiotherapy, Radiology, Pain Management, Occupational Health, Psychiatry, Neuropsychology, General Surgery, Neurology, Endocrinology, Dermatology, Optometry and many more sub specialties, such as Osteopathy and Chiroprody.

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Around 784 new pairs of glasses were dispensed and 750 donated to the local ophthalmologist for free dispensing to needy people. Free medicine was also dispensed to patients. Advanced investigations, such as Electrocardiogram, Ultrasound, Echogram and many others were carried out. The Russian Sai Organisation distributed clothes, footwear, toys and games for children. Also, sports equipment to boarding school. They also set up computer classes in the villages. Nutrition packets were distributed to several households, children, disabled members (as listed by the department of social service of the region) and pensioners. During the medical camp, two hairdressers lovingly offered their services to the poor people, by offering free haircuts! At the end of the camp they provided 335 haircuts!

The teams were divided to travel to distant villages, well equipped with modern technology. However, the most important thing was the overwhelming love and humility of everyone involved. The Governor and Mayor of the region said that they had 'never seen so much love and dedication in all areas of service.'

All in all, over 6,000 patients were seen, and when the team left for the journey back home, many of the local people had tears of joy in their eyes.

We thank our Lord, Who provided everything for us, and gave us the strength to work in a completely new place. He removed all obstacles and made all the provisions. The Lord really proved that 'Love wins hearts and heels'.

Urvi Widhani

Region 2

A service of need!

First Aid is about providing immediate help to a sick or injured person, which can sometimes consist of techniques requiring minimal or no equipment.

We have a legal and moral duty to provide a safe environment for the congregation and volunteers attending the Centres and Groups as well as Regional and National events. Even with all the right measures in places, there is always a risk of illness or injury occurring on premises used by volunteers under the organisation sphere of activity however rare this may be. On the other hand, under the 'Health and Safety at Work act 1974' voluntary organisations, churches, places of worship and all businesses operating within the UK are affected and one of the ten principles of Sri Sathya Sai Baba is 'to follow the law of the land'.

A First Aid workshop was organised in Region 2 on Saturday 6th September at the Beacon Community Centre in Rayners Lane and was conducted by Derby Civil Aid, a national voluntary charity. The main objectives of the workshop was to provide a basic introduction to First Aid appropriate for the need of the general public and to help participants gain the skills and knowledge needed to effectively respond to First-Aid emergencies with more confidence.

Sixteen people attended the workshop of which five were from Region one.

The workshop focussed on First Aid and the Law, the ABC of First Aid, Cardio-Pulmonary Resuscitation, recovery position and how to deal with heart attack, haemorrhage, burns with practical exercises. Keith, the lead trainer, delivered the four-hour workshop in a professional way, with lots of humour throughout. Three other trainers supported him. All participants successfully passed the mandatory written and practical tests and left with the latest First Aid book and their nationally recognised certificate (valid for three years).

Prompt First Aid care given before medical help arrives can be critical to a victim's survival and recovery and qualified first aiders with the knowledge of basic skills can help to reach out to someone in distress. They could quite possibly save their life! Basic practical life skills will not only benefit our congregation but also our family, our friends and the community at large since such important life skills can go a long way in saving lives when needed.

Gayatri Bikoo

Region 2 Service Co-ordinator

Region 3

Family Values Day 2008

Participants came from the East London centres, and from further afield, namely Colchester, Mill Hill and Luton. The day started with a devotional song to Lord Ganesh, after which the participants dispersed to a variety of carousel-type activities setup under gazebos by a team who had become experts since last year! The Coconut Shy was back by popular demand, whilst the rest of the activities were new and more challenging, such as Play Your Values Right, Volleyball, Action Disaster and a Memory game. Each activity lasted 20 minutes, although people were keen to play for longer.

With the sun beating down, everyone was glad for the refreshments provided by the Service Wing who worked tirelessly

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throughout the day. From cooling strawberries, watermelons and ice cream to yummy samosas, including the odd indulgent candyfloss, adults and children were truly spoiled for choice.

An addition to last year's event was a mini Health Clinic setup throughout the day where regional health experts were on hand to give advice on any issues or concerns that participants had, particularly with diabetes and blood pressure. There were qualified staff on hand to take blood pressure and blood glucose readings and people were advised to seek further medical advice and/or treatment based on their individual reading.

Before long, lunchtime had arrived to everyone's relief, as we were exhausted from the strenuous mind and body workouts done in the morning. Not only was there more food on hand, there was also some face painting, courtesy of the region's Youth Wing, and some children!

The afternoon saw a more relaxing program with a talk given by special guest Dr Chunmuga Vel from Region 1. Dr Chun spoke about family values and the importance of togetherness in family. He is a dental surgeon by day, but otherwise, Dr Chun referred to the celestial message enshrined in the Bhagavad Gita when he spoke of the roles and responsibilities of parents and children and how they should work as a unit, by citing chapter and verse from Krishna's discourse to Arjuna. Above all, he emphasized on the quality of love which needs to be unconditional. An equally important message from Dr Chun related to the fact that we must be prepared to give up our time for the service of others (and not just keep it for our own family). Reflecting on Swami's message of 'Jana Seva is Janardana Seva, Dr Chun reiterated the importance of service to the community and how the family as a unit can be effectively engaged in this. Dr Chun's talk was enlightening and warmed our hearts with his words on family togetherness.

The day ended with unisons and finally concluded with Arthi taken by Dr Chun. It was a wonderful and relaxed day made possible only through the will of Sathya Sai Baba. As the highlight of the SSE calendar, let's hope that this event goes from strength to strength. There was even talk of doing a BBQ next year!

**Durga Selvarajah, R3 SSE Co-ordinator
(Submitted by Sunthar Uthayan,
Region 3 Chair)**

Love and Light SSSSO UK
Significant Diary Dates 2008
Please ask your Centre or Regional Chair for details

Month	Date	Event
September	13 th	NWC Meetings
October	11 th – 12 th	UKCC Vision Weekend
October	18 th	National Spiritual Day
November	19 th	Ladies' Day
November	23 rd	Sri Sathya Sai Baba's Birthday
December	6 th	UKCC Quarterly Meeting
December	13 th	NWC Meetings

Sathya Sai Bookshop

The bookshop has a regularly updated website.

Please visit it at:

www.srisathyasai.org.uk

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

The SSSSO UK Website

is to be found on:

www.srisathyasai.org.uk

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