

"A true scholar should not entertain egoism in his thoughts at any time. However, the misfortune is that scholars as a class are today afflicted with unbounded egoism. As a consequence, they follow incorrect ideals and take to wrong paths. They confer the benefits of education only on themselves and on their kith and kin. As a result, they forgo their position among sajjans (noble men) and the respect it can bring. One must grant generously to others the knowledge, skill and insight that one has acquired. If this is not done, human progress itself is endangered. In order to promote the best interest of mankind, one has to cultivate the holy urge of paropakaaram (service to others) and the attitude of sharing." - Sri Sathya Sai Baba

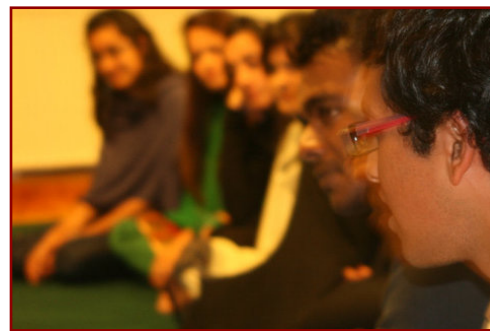
9 PRECIOUS GIFTS



Priceless gifts in Journey from Head to Heart.

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Young Adults Program (YAP)



Hear how youth are helping youth to discover themselves...

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Experiences at the Sathya Sai School - Leicester



Hear what is going at the Sathya Sai School...

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UK National Pilgrimage 2010 - A Pilgrim's Journey



The story of a pilgrim's journey on the unique UK Pilgrimage blessed by Swami.

[Read More below....](#)

Region 3 - Family Sports Day



Wonderful joyful event of the Family Sports Day.

[Read More below....](#)

Other Stories This Issue

- [Region 4 - Service Project](#)
- [Sathya Sai Schools Got Talent](#)
- [Diary Dates](#)
- [Website Links](#)

Dear Love & Light Readers,
Sai Ram !

We are very fortunate to have with us in UK this month, Brother Kalyan Ray, Chairman of the International Education Committee, Sri Sathya Sai World Foundation. Brother Kalyan Ray is here to meet with various educators involved with the School, BISSE and Sathya Sai education. Over the weekend he addressed Sai Educators at our School details are in the newsletter.

This month we will also be celebrating the 40th Anniversary of Sathya Sai Education (Bal-Vikas) at the National SSE Teacher's Training Day. Over the past 40 years in the UK we have been extremely fortunate to have had some very eminent educators who have fully given themselves to our educational programmes.

It is thanks to these people that we have produced and empowered countless children to lead dharmic and value based lives. The future of the world lies in the hands of these children and the youth of today will become the leaders of tomorrow. Those who help mould this future are the parents, teachers and Education programme leaders. We believe that if the children are brought up in an environment of love, truth and Sai education, they will have an opportunity to grow up to be exemplary human beings and benefit society.

“40th Anniversary of Sathya Sai Education (Bal-Vikas)”

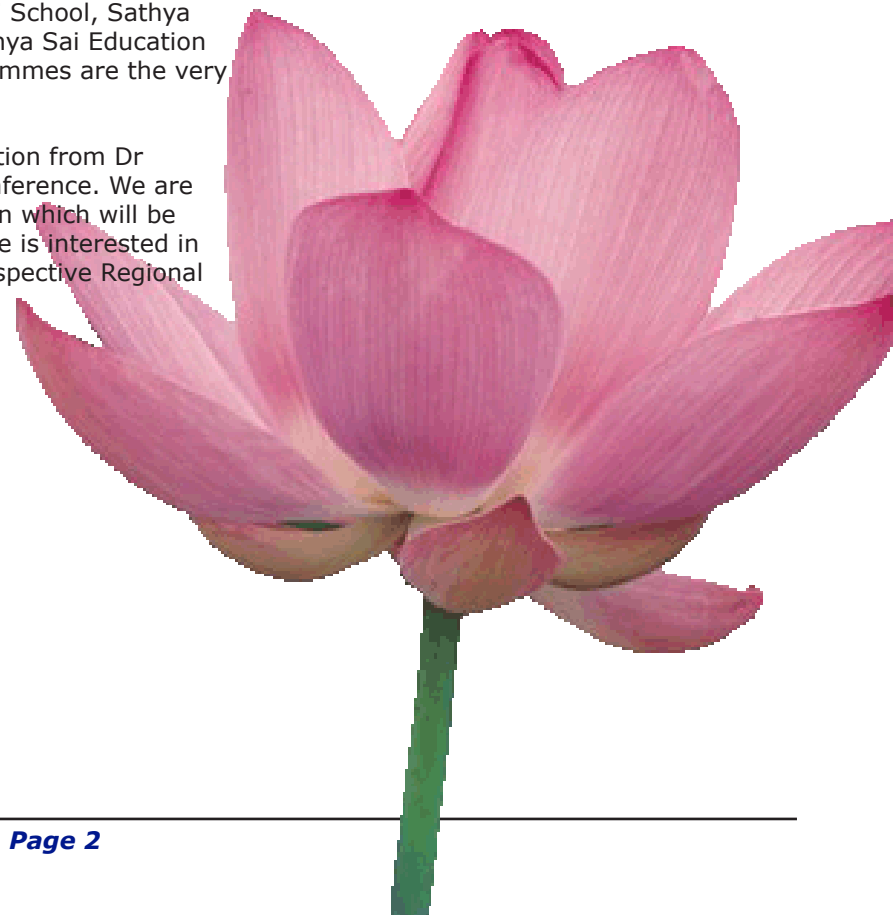
I hope and pray that these children will one day take Swami's mission in the UK to new heights and carry on the great work already started by our leading pioneers. The names of these pioneers are too many to mention in this brief editorial. We all know who they are and I pray to Bhagawan that he showers them with all His love and blessings.

It is very important that the devotees of Swami fully support all of His educational programmes, be it the Sathya Sai School, Sathya Sai Education in Human Values (SSEHV) and Sathya Sai Education (Bal-Vikas) programmes. These important programmes are the very sustenance and life force of our Sai Organisation.

By now you will all have received the communication from Dr Goldstein on the registration for the IX World Conference. We are awaiting further instructions regarding registration which will be made available as soon as it is received. If anyone is interested in attending the Conference, please contact your respective Regional Chairs.

Lovingly

Shitu Chudasama
National Chairperson



9 PRECIOUS GIFTS

In our journey from the head to the heartthese gifts are priceless.

1. The Gift of Listening

The best gift you can give anyone is to listen.....to really listen. Do not interrupt, do not daydream....and most important....do not plan your response. Just listen.

2. The Gift of a Smile

Besides making you look beautiful.....a smile is contagious and it helps to spread happiness and harmony.

3. The Gift of Laughter

Enjoy your moments together. Share articles and funny stories. Clip cartoons. Your gift will say, 'I love to laugh with you.'

4. The Gift of Solitude

There are times when we want nothing better than to be left alone. Be sensitive to those moments and give others the gift of solitude.

5. The Gift of Service

Everyday, go out of your way to do something kind for someone.....it could also be a stranger.

6. The Gift of a Written Note

It can be a simple 'Thanks for the help' note or a full sonnet. A brief handwritten note may be remembered for a lifetime.

7. The Gift of a Compliment

The easiest way to feel good is to extend a kind word to someone. A simple and sincere, 'You look great in red,' 'You did a super job,' or 'That was a wonderful meal' can make someone's day.

8. The Gift of Affection

Be generous with your smiles, hugs and pats on the back as appropriate. Let these small actions demonstrate the love you have for your family, friends and fellow devotees.

9. The Gift of Prayer

The most precious gift of all! Never fails to work!



Visit of Brother Kalyan Ray to United Kingdom



Kalyan Ray

Evolution and Growth of Sathya Sai Schools Worldwide

The conkers are ripening, the heavens are opening and another academic year is just appearing on the horizon. Cue the frantic scrabble to find willing volunteers and teachers to give their all to the field of education to build the characters of the children, to help them achieve their full potential academically but most importantly to bring out their innate goodness—the primary difference between an ordinary school and an extraordinary Sathya Sai School.

Teachers and volunteers were given a most wonderful opportunity to be motivated and inspired on a beautifully bright Saturday morning at the Sathya Sai School, Leicester. After an entrée of vibrant Vedas and bhajans, the UK National Chair, Shitu Chudasama gave a brief introduction describing the celebration of 40 years of Balvikas and Sathya Sai Education (SSE) in the UK. He dwelled upon the pioneers and titans contributing to this legacy of transformation of the children using love and practical knowledge to build nobility of character by opening the minds of the children and parents. The essence of his thought- provoking introduction is that man must unite to bring about this transformation by transcending any differences.

Prior to welcoming the main speaker of the morning, the Zonal Chair, Kishin Kubchandani gave us an insight into the roots of education, stating that both Krishna and Rama came and waged a war to irradicate evil, however the Avatar of the Kaliyug has not come to remove the wicked, as Sai asks in His inimitable way, "If all evil was removed, who would remain?!".

The gathered assembly were most fortunate to hear the words of wisdom from Bro. Kalyan Ray, Chairman of the International Education Committee of the Sri Sathya Sai World Education. He began his address by enlightening the audience with some statistics: UK is the only country in the whole of the European Continent to have established a Sathya Sai School. Having travelled around the globe visiting many Sathya Sai Schools, he pointed out that there are varying concepts in different countries, however, the principles that underlie Sai Education remain the same. The model of Sai Education is based upon motivating children in diverse cultures. As educators the door of the mind must be opened wide. The inner tools of the conscience (the mind, ego and senses) must be cleansed. When the conscience is linked to the ego it loses its power but when related to spirituality, it is most powerful. Constant integrated awareness must be ever present, for Unity in Diversity is the crux of Sai teachings. We are all a part of one Universal Consciousness. If there is an understanding from the Higher Principles the depths of this will be translated more effectively in all that is done. He dwelled on the fundamental basis of everything being Love and this is the facet that drives education forward. Love and Brotherhood are the roots. This must be fostered. He emphasised that this is not the goal, but only the starting point. The final goal is the realisation of One in All. It is at this point of realisation that one is truly educated. Consumerism clouds our reaching the goal. We must be fortified and assimilate the teachings to be effective educators. This will lead to the blossoming of human excellence!

Moving forward, he explained the formation of Sathya Sai Schools and Sathya Sai Institutes to achieve the goal of bringing out the goodness of the children by implementing the teachings into the school curriculum. He further explained that the building has to function fully as a school alone, with all its facilities being used solely for the children, their curricula and activities. The Institutes are present for the development of the educators themselves. Guidelines have been established to assist with training

the trainers. He further emphasised that a Sathya Sai School should not be regarded as just a "free school". A Sathya Sai school is a full time independent private school that integrates secular education and spiritual education fostering character development and the practice of human values.

Bro. Kalyan then continued to present the findings of the global overview that was conducted in 2006 after the Sathya Sai World Foundation assumed full responsibility over the schools. This provided an insight into the need for diversity in the training programmes. The solution is not in the head but in the heart! He announced that an authentic programme will be delivered by a new Institute which is based on discipline, devotion and dedication. He requested that devotion should remain unflinching in difficult times. He gave a beautiful example of an educator asking Victor Kanu "what is the most impossible obstacle that you have had to overcome in setting up a SSE School?" Victor humbly replied that the REAL obstacle to overcome is to believe that the values DO work in all situations in life. If you have confidence and determination everything can be achieved.

Bro. Kalyan stressed that it is now time that the guidelines, which have been blessed and approved by Swami be followed by all countries. The World Foundation has approved these guidelines for schools and institutes including standards and accreditation, operations and management structure and a core syllabus and framework. Bro. Kalyan then announced that a new Institute has been formed in UK building upon the pioneering work done by Carole Alderman and BISSE. The new Institute will be known as ISSE-UK. ISSE exists all over the world, Europe, USA, Canada, Latin America, Indonesia etc... and there are many others in the pipeline. Bro. Kalyan also stressed the importance and role of the National Organisation whose role equates to that of a mother, providing sustenance. He further stressed, **Do not follow a business plan but the Divine plan!**

Brother Kalyan Ray's most uplifting talk was followed by a talk by Usha Lim, Head teacher of the Sathya Sai School. Usha Lim presented an overview of the School and gave a very inspiring talk on the wonderful work that is being done at the school.

All the educators who attended the morning programme were extremely grateful to Bro. Kalyan for an inspiring and uplifting talk.

By Anila Modi

Sathya Sai School Leicester

"Sathya Sai School's Got Talent"



The end of year function at the Sathya Sai School was celebrated in a different way this year. The school council organised a Sathya Sai School's Got Talent contest and talent there was. Students aged 3-16 partook in this contest. There was dance which ranged from classical to modern, hip-hop and Bollywood, instrumental music which included guitar, piano and tabla recitals. There was also singing and students sang bhajans, nursery rhymes, songs from famous musicians like Michael Jackson and some were accompanied by parents playing different instruments. Some students showed talent with regards maths and drama. There was no end to the talent these students showed. Amazingly most of the items were choreographed by the students themselves.

On the judging panel there was quite a mixture members including a parent who introduced himself as Simon Cowell and kept both parents, teachers and students entertained with his humorous comments. Being involved and interested in different talents they were able to make a fair judgement of the contest and gave very good constructive feedback to all participants.

Parents who made it to this special show were not disappointed. The entertainment was at its highest and both parents and teachers were all amazed by the confidence students displayed. The well deserved win went to SaiGanesh Lim and Sagar Rathod who played an East meets West instrumental. SaiGanesh played a number of tunes from movies like Mission Impossible and 007-Bond on the piano and these tunes were matched by Sagar on the tabla. In second place was a modern, yet classy dance by Ashni Chotai and Jenissa Patel. In third place was Maansi Mehta, who sang 'Heal the World' by Michael Jackson. In all this was an amazing morning for both teachers & parents as well as the younger children to absorb quality and talent within the school.

WELL DONE TO THE STUDENTS OF THE SCHOOL.

Experiences from Sathya Sai School, Leicester



Our son has been a student at the Sathya Sai School Leicester in the academic years 2007-2009 (Years 4 and 5). In these two years he made remarkable progress from an average student to a brilliant student in all areas - academic, sports and extra curricular. In 2009-10 we had to move him to Cardiff due to personal reasons because of which he is now studying in a state school. It was after this that we realised the true value of the strong foundation provided by the Sathya Sai School in the previous two years. He found himself among the brightest students in the school in Cardiff. His teachers reported to us that his work and conduct was held as an example for other students in the class. Clearly this was a result of the hard work and efforts put in by the teachers at the Sathya Sai School. It is natural that Swami has blessed the building to be called

'Centre for Human Excellence'

Fortunately for us the current academic year in the state school has given us the opportunity to compare the two schools. Curriculum wise the state school was trailing the Sathya Sai School. Hence our child was already familiar with what was being taught. We found that Sathya Sai School provides children with a number of opportunities for creative work to stimulate their minds within the school and even at home and during their term breaks.

Opportunities for creative work to stimulate their minds

This helps the children develop their writing skills and their vocabulary. Consistent homework exercises are given that help children to recapitulate the subject matter and build the habit of hard work. There are focused afterschool activities and opportunities to engage in public performances for children's development.

However the above approach is lacking in the state school due to which we have noticed that our child has become complacent. The state school instead has greater focus on excursions and entertainment such as

movies, theatre and fun-fairs, which we feel do not add much value to the studies. Unfortunately we have also observed change in his behaviour from being an obedient child to a stubborn and aggressive child. He often refuses to cooperate or assist with household chores and duties, which we think is due to discontinuation of SSEHV. Other factors that seem to have made the situation worse are exposure to general indiscipline and unhealthy influence and bullying from other children in the school. On asking he told us that children frequently fight and commonly use swear words. Only some children bring packed lunches which comprises of mainly junk food and fizzy drinks. Initially some classmates used to laugh at him for regularly bringing home cooked food.

Emphasis on Character Building

The aspect that we most appreciated in Sathya Sai School is the emphasis on character building and development of the faith in existence of the Divine. Children are groomed and given the courage to speak the truth all the time; respect parents and teachers; manage personal time between work and fun; develop qualities of discipline and hard work; enjoy wholesome food; and set aside time for regular prayers and meditation.

It was very heartening to see him learning to discriminate between good and bad, material and spiritual or transient and permanent and understand the higher purpose of human life even as a child. We think that our son's progress at Sathya Sai School was accelerated also due to the fact that he was a boarding

Discriminate Between Good and Bad

student, which helped him keep his focus.

In the final term this year we asked him which school he would prefer to study in and why. To our delight he chose Sathya Sai School due to its loving and caring atmosphere and higher standard of education, sports and other activities. However he acknowledges that he would have to work harder to catch up with rest of the children.

We as parents think that during our child's education in Sathya Sai School our pursuit to adopt Swami's teachings in our own day to day life was promoted because of the ideals he learnt at the school. The harmony between teachings at school and home helped him develop. We parents have also learnt from his conduct at the school and home. However this process has been compromised to a large extent due to his move away from the Sathya Sai School. Encouraged by Swami's love and grace we have now decided to move him back to Sathya Sai School from the next academic year.

Region 1 (London South East & West) Young Adult Programme (YAP)

On 20th August 2010, there was monthly Region 1 Young Adult Programme (YAP), held at the Sai Mandir in Merton from 7:30 to 9:30pm. The topic was "Experience Sharing of the UK Pilgrimage". Approximately 40 youth were in attendance, including National Youth Co-ordinator Mathan Arulvel, youth from neighbouring Regions 2, 3 and 6 and even one youth from Greece! The evening comprised Youth Speakers, talking about their experiences of the trip as well as an open forum discussion. This was an inspiring for all who attended.



The evening commenced with three Aums followed by a welcome and introductions. The first youth speaker for the evening was Samanthie Skularatne, who spoke about her remarkable journey of almost not coming on the trip due to a number of reasons and how with Swami's grace she managed to go on the trip and her experience of going with such a large group.



The next two speakers were Sisters Aberamy Gnaneswaran and Gobika Mohandas, who shared their experience of being involved in the preparations for the youth choir in the UK and in India. Abbey and Gobika described the intimate Darshan on the day the choir performed and how had they felt Swami's unconditional love being poured over the youth and SSE children.

Brothers Ashish Jethwa, Ajay Pankhania and Deviesh Tankaria (a few of the co-ordinators of the Boys drama), spoke about "The journey of the Drama". They spoke about the level of commitment the boys showed in the UK, practicing 6 days a week for 6 weeks continuously after school/college. They shared the experience of unity the boys had in Prashanti, conducting daily Sadhana each day. To capture Swami's attention the boy's sadhana intensified. They all wrote letters to Swami and one afternoon Swami sat and read each letter while sitting on the stage during Darshan.

At the boy's rehearsal on 7th August Ishverbhai Patel (UK Central Co-ordinator) came to see them. The boys described how they felt Swami was watching them also – they described how even though they didn't get to perform, they felt Swami's omnipresence and they felt Swami had already seen the play. On the last day of the Pilgrimage; Swami for came out for morning Darshan. Many of the drama boys and co-ordinators were sitting in the first few lines.



Swami paid great attention to each of the boys and threw a packet of Vibhuthi at one of the drama co-ordinators. The boy's felt this was an experience they will treasure for the rest of their lives. One of the boy's was ill that day but he described how he felt this Darshan was for the group as a whole and he felt he had received the same Darshan despite not being in Swami's physical form. The key message from this experience share was about Swami's omnipresence, unity and the power of sadhana.



Brother Jana Sivananthan then spoke about experience of working as part of the seva team and also as a sound technician for the choir. Brother Saiganesh spoke about his experience of working with Sai Students on technical aspects for the choir.

The next YAP will be on September 17th from 7:30 to 9:30pm at Sai Mandir, Merton on the topic of "What makes us special as Sai Youth". If anyone would like more information then please feel free to email region1saiyouth@hotmail.co.uk.

Shyam Jamnadas, Region 1 Youth Co-ordinator

UK NATIONAL PILGRIMAGE 2010 to Prashanti Nilayam

So much preparation was made by the UKCC team that the entire travel plan went smoothly. The most awaited seven days passed by so fast, we left Prashanthi Nilayam with an unquenched yearning to continue to be in the presence of the Divine Lord. Whilst many others may submit their own experiences, I may be kindly permitted to state below my experiences more from a spiritual point of view. On one morning (02/08/2010) it was announced by our UKCC Chair – Shitu Chudasama that the Love and Light - the UKCC monthly news letter - will go out on Monday the 09th August 2010. On the same day I was sitting in the Sai Kulwant Hall in the presence of our beloved Lord on that afternoon – many new thoughts were pouring through me which I most humbly wish to share with you all my fellow devotees.



During the course of our stay in Prashanthi, without my own knowledge or wish lots of changes took place in me and I am very much sure that all the other fellow pilgrims too had this experience. These changes were on a physical, mental and intellectual / spiritual states in each one of us. When we return to UK and some one asks us how are you and we reply with the most commonly heard reply or the statement "I am fully recharged". Let's explore what this "Recharge" really means and the process behind this recharging. As all of you are aware - Swami's divine aura is powerful and unmatched that extends widely to encompass the whole of Prashanthi Nilayam and very much beyond its boundaries emanating from wherever Swami is. We devotees also have an aura but usually spans out no more than to a smaller distance of 1 to 6 inches from our physical bodies. Our auras are the manifestation of our life force from within – in the form of very high frequency light representing the seven colours of the rainbow – each in turn representing each of the seven chakras or energy centres in us. This is usually not seen by untrained pair of eyes.

So when we walk into the Sai Kulwant hall for our daily darshan of our beloved Swami what really happens is that each one of our individual auras and collective auras of all the devotees is now fully submerged in the Divine supremacy of our Lord's most powerful and very unique aura. The result - Each of our auras that represents our inner quality of our physical, mental and intellectual states are given a complete overhaul. The aura of each devotee which comprises the seven colours of the rainbow represents the quality or standard of the life style adopted by the devotee based on the unity of thought, word and deed in line with the five human values of Truth, Right Conduct, Peace Love and Non-Violence.

Due to our day to day life which encompasses our activities / relationships with our friends and relations, peers and persons of authority at place of work as well as general community of the country we live in – our auras constantly change to reflect our stored up emotional status. Happy links and relationships bring in happier vibrations within us whilst the incidents of confrontations, conflicts and immoral behaviours that is completely against our lifestyle creates negative vibrations within each one of us. If not dealt with this gets lodged as subtle vibrations in various parts of the body especially in muscular systems of the individual. If not dealt with for a long time this volume of accumulated subtle energy gradually transforms into gross energy vibrations and the result is usually reflected or manifested as a medical condition – painful muscular contortions, joint pains, stone in the bladder, formation of cysts etc and in serious cases - cancer or non-functioning of certain organs.

So what really happens at Darshan time? The powerful vibrations of our Beloved Lord's Divine aura virtually demolish those subtle dark energies stored in various parts of the body - whether you like it or not. Listening to the chanting of Vedam is like the divine hand pushing the dark energy to the point of exit and Swami's divine aura is like powerful vacuum cleaner that sucks out the dark debris of these stored up subtle dark energies. The rendering of the melodious bhajans to which we sing and clap our hands is the means by which the dark energies are replaced by joyous and happy spiritual energies.

Clapping of our hands rhythmically has a great significance to this transformation. The five fingers of the right hand represents the five elements that constitute our physical form whilst the five fingers of the left hand depicts the five senses through which we perceive the external world. Bringing together our hands in the motion of clapping to the tune of the bhajans creates maximum vibrations within the physical arena of the body. Imagine a few nuts and bolts kept on a flat top table and you are thumping the top of the table with your hands which creates jumping vibrations to the nuts and bolts. If you continue with



this thumping action, these nuts and bolts will gradually move towards the edge of the table and eventually fall over leaving the table top empty. The same principle applies here when you start clapping. The nuts and bolts of the negative or dark thoughts are unable to sustain the vibrations created by our clapping hands

within our body and as a result make their forced exit out of us - sucked out by the powerful cleanser - which is our Beloved Lord's loving aura.

So what does Darshan and bhajans do for us? It replaces the dark thoughts that were forced to exit with loving and melodious thoughts of light for which the body responds with a feeling of love and compassion and an indefinable high.

The bonus to all this is the arrival of the Divine Lord moving slowly through the devotees and then turning around to sit facing his children who love him beyond description. When you stand near a fire at a distance you feel the heat but when you step closer to it, you feel intense heat. Similarly the Lord coming in to proximity of the devotees intensifies the aura repair process and as you would agree the devotee feels an indefinable joy and happiness in his/her heart, his/her heart melts and tears pour down when you look up at the Lord - your mother, father and your best friend in this whole world, with adoration.

Whilst sitting through these bhajans each one of the devotees goes through this process and not knowing the massive process of transformation that has taken place, we in our own way describe this as "I feel recharged". The speed with which this process is completed depends on each individual devotee. If completely immersed and focused on Swami - the process does not last more a couple of days but if he / she is half concentrating on Swami whilst the other part of the focus is on the mundane things such as when will



I go for my shopping turn, what is for lunch / dinner tonight etc - then it may take a week or more. So when we return to UK we also need to follow Swami's teachings in line with the five values in all our day to day activities so that this recharge could be prolonged or even sustained without expiry.

Whilst walking outside the hall after Swami's Darshan, my fellow devotee complained he couldn't get a closer sight of the Lord as he was sitting far behind. At this precise moment we were just passed by a young girl who was leading her blind mother out of the bhajan hall. We overheard the crying plea from the mother who was addressing her daughter saying thank you for describing all the activities that took place today but see how unfortunate and unlucky I am to be blind that I cannot see the loving form of my divine master and she was crying whilst being consoled by her daughter. The next moment I heard a sobbing noise from my friend who understood as to how fortunate and lucky he was to even experience from a distance the divine darshan of our Beloved Lord. It was his turn now to cry and he continued by saying that where he sat down

for darshan seems immaterial now - "I am so happy, fortunate and privileged to have the darshan of my divine master - where I sit is immaterial now".

As we walked up further we saw another scene where a grand boy - may be the grand son - was leading his old grand mother out of the crowd of devotees. She appeared to be in very high spirits and explaining her experience of the Darshan and had a broad smile on her face. But the grand mother was completely hunched backed so that she could only see the earth or the road. Here we had a different experience. The grand son was tormenting her by asking how she can be so happy when she could not see Him at all, as she could only



see the ground below. But her magnanimous reply was - I was able to see my loving Lord's Lotus Feet every time HE passed her and she was more than privileged to have had this darshan and this would suffice to take her through this worldly life. By this time my friend was soaked in tears and crying uncontrollably - he had learnt a lovely lesson from Swami taught by Swami himself - lovingly and sensitively.

Now that we are back in the UK - let us all feel and enjoy the transformation Swami has gifted us with through this pilgrimage. We now know that God alone is and everything in this universe and with the purification of the thought and word through the lighting up of ourselves through the aural repair process we come to feel the eternal truth and realise I am I. We also realise that we are very much ready to Love All and Serve All - because in Loving All - We Love HIM and in serving All - we serve Him. Then who am I? I have now realised that "I am I".

Finally thanks very much to our Beloved Lord for the privilege to know HIM, Love HIM and serve HIM. Thanks to UKCC Pilgrimage Team - especially all the Sai youth who worked tirelessly to make this journey a very enjoyable and spiritual journey which will linger in my memory for a very long time to come.

Jai Sairam

Yours in loving Sai Service - Raj Selvakumar

Mitcham Sai Group - Region: 1

Region 3 (London - East and Central) Family Sports Day 2010



11th July 2010, a day of Unity and Divinity as the devotees of 8 Sai Centres in R3 got together for a Family Sports Day hosted by the Milton Keynes Sathya Sai Centre. The fun and value based sports day was held at a local school where three Sai devotees work. For the last 6 years the teachers at the school together with MK Sai Centre planned and organised 6 Sathya Sai 'Values Alive' camps for the pupils of the school which were always a success.

The MK planning team and volunteers from Luton Sai centre arrived at 7am to help set up the gazebos and sports equipment. They were fantastic in organising and preparing the sports field with precision. The morning rain clouds met with trepidation by the organisers however with devotees' prayed to Swami and soon the clouds gave way to a welcoming sun! At 9.30am people started to queue up for registrations and all participants received wristbands to identify their teams. Over 240 devotees from various centres were registered. As it was the day of the finals of the Football World Cup in South Africa, each team was named after a country taking part. Excitement and happy faces filled the air as we kicked off the day with energising bhajans lead by the Mill Hill Sai Centre SSE children followed by an inspiring talk from Dr. Vickneswaran.



Swami's love and presence spread through the day as the carousel of sports activities began. Some of the activities were: crème egg and spoon with the value of taking care of your possessions. Fill it up was a game that taught everyone how to conserve water. Puzzle mat was a platform for collaboration and the Quiz Quest allowed team work and a chance for a refresher of Sai teachings. These games were creatively designed by the MK SSE group 3 children. Each activity was facilitated by enthusiastic youth who cheered everyone along as the teams sang melodious chants and improvised their own team dances. Nigeria was the winning team, followed by Japan and then Ghana.

At lunch everyone enjoyed their vegetarian picnic lunch. The blistering hot summer's day was cooled down by delightful ice creams! The feeling of oneness was overwhelming. After lunch children took part in football games, obstacle challenges whilst others sat under the shaded trees and soaked in the loving atmosphere. World cup music played in the background as energetic comperes jeered everyone into a challenge of Tug- of -love. As the day closed with beautiful bhajans Swami's omni-presence was felt in the hearts of devotees. Thank you Swami. We love you!

By Nirasha Ramlugan



Region 4 (Midlands) - The "Grub 'n' Gab" Service

The "Grub 'n' Gab" club at Norton House, Coventry supports the homeless and lonely by providing a meal throughout the year on Saturday lunchtimes and a Christmas Shelter. It relies on six voluntary teams to take it in turns to provide this service.

I first heard about this from my friend of over twenty years, Hasu Patel. I learnt about the contribution of the Sri Sathya Sai Organisation and how once every six weeks volunteers from the organisation give three hours of their time to prepare, cook and serve food to approximately forty homeless, lonely and needy people. The food is donated from the Sri Sathya Sai Organisation committee funds and healthy menus are planned, for example chick pea and potato curry with vegetable rice, bread and butter followed by ice cream with tea and coffee served throughout the lunchtime.

I am not a member of the Sri Sathya Sai Organisation but when I offered to help, my offer was accepted and I have been part of the team of volunteers for over a year now. I have met a lot of volunteers from the organisation; male and female, young and elderly. There are always welcoming smiles and a friendly atmosphere as we work together to prepare the meal. Although I do not understand the exact words of the prayers that are said at the start of the task and before serving the food, I feel included and have respect for others religious beliefs. Some of the people who come for meals are curious about the organisation and ask questions like what is your religion? Who is the holy man? Which temple do you go to? and time is always taken to explain.

I have always donated money to different charities, both locally and worldwide which I understand is necessary. However, reflecting on my experience of volunteering, I have become aware that giving your time and energy creates a greater personal fulfilment. I enjoy and look forward to it. To experience the gratitude of others for something as simple as a hot meal makes me appreciate and value many of the things that I perhaps take for granted on a daily basis.

We do not know all of the history or circumstances of the people in need that are waiting at the door for the "Grub 'n' Gab" to open on Saturday mornings but it is evident that there is a need for a service that provides free hot meals and some food to take away. I shall continue to make the commitment to help the Sri Sathya Sai Organisation in their task.

Written by Sue Cottrell
Volunteer at Coventry Sai Centre



National SSE Teachers' Day

Dear All

Sai Ram !

"Make your life a rose that speaks silently in the language of fragrance"
- Sri Sathya Sai Baba

Please see below the flyer for National Teachers' day 2010. All are welcome to attend the day and must complete a registration form which can be accessed via the below link: **<http://nationalteachersday2010.eventbrite.com>**

The day will be filled with creativity, wonderful keynote speaker Sylvia Alden and much fun and laughter. Come and enjoy Celebrating 40 years of SSE in the UK and "Make your life a rose that speaks silently in the language of fragrance". Places are restricted to 120 so do not miss out, book now.

We look forward to welcoming you to National SSE Teachers' Day on Saturday 18th September.

With love
Lakshimi Puvanendran
National SSE Coordinator

The flyer has a red background with a large, stylized rose in the center. In the top left corner is a circular portrait of Sri Sathya Sai Baba. In the top right corner is the Sri Sathya Sai Service Organisation UK logo, which is a circular emblem with a central figure and the words 'TRUTH', 'LOVE', 'PEACE', 'WISDOM', 'JOY', 'GOD' around it. The text 'Sri Sathya Sai Service Organisation UK' and 'Sai Spiritual Education' is written in white above the logo. The main title 'National SSE Teachers' Day 2010' is in large white letters. Below it, the quote 'Make Your Life A Rose That Speaks Silently In The Language Of Fragrance' is written in a cursive, golden-yellow font. The date 'Saturday 18th September 2010' is in white. The time '9.30am-4.30pm (register from 8.45am)' and the location 'Desborough Suite, Windsor and Maidenhead Town Hall, St Ives Road, Maidenhead, Berkshire, SL6 1RF' are in white. In the bottom right corner, there is a red heart with the text 'Celebrating 40 Years of SSE in the UK' written in white cursive. At the very bottom, a line of small white text provides registration information and a note about a £10 contribution.

Sri Sathya Sai Service Organisation UK
Sai Spiritual Education

National SSE Teachers' Day 2010

*Make Your Life A Rose That Speaks
Silently In The Language Of Fragrance*

Saturday 18th September 2010

9.30am-4.30pm (register from 8.45am)
Desborough Suite, Windsor and Maidenhead Town Hall,
St Ives Road, Maidenhead, Berkshire, SL6 1RF

*Celebrating 40 Years
of SSE in the UK*

For registration and further information, please contact your Regional SSE Coordinator or email sathyasaieducation@ssso.org.uk. Please note that a £10 contribution from participants would be appreciated to cover costs.



Diary Dates 2010

MONTH	DATE	EVENT
September	11	Sri Ganesh Chaturthi
	18	National Teachers Day
October	17	Dassera
	20	Avatarhood Declaration Day
November	05	Diwali
	13/14	Akanda Bhajans
	20-21	9th World Conference in Prashanti Nilayam
	23	Sri Sathya Sai Baba's Birthday
December	25	Christmas



Websites

www.srisathyasai.org.uk	Sri Sathya Sai Service Organisation (UK)
www.srisathyasaibookcentre.org.uk	Sathya Sai Bookshop (UK)
www.BISSE.org.uk	BISSE(British Institute of Sathya Sai Education)
www.sathyasai.org	International Sai Organisation
www.sathyasaischool.org.uk	<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: info@sathyasaischool.org.uk</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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'Love and Light'

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