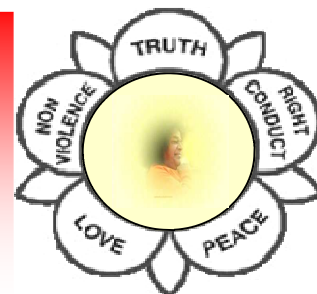


Sai Spiritual Education Newsletter

Sathya's Message

Issue 3 September - December 2007



SATHYAM

Sathyam is what I teach.

DHARMA

Dharma is what I do.

SHANTHI

Shanthi is what I am.

PREMA

Prema is myself.

Follow any one of the four,

You Are Mine

And

I Am Yours.

- BABA

Contents

- ♥ Swami's 82nd Birthday
- ♥ Jewish New Year
- ♥ Ramadan
- ♥ Krishna Janmashtami
- ♥ God Does Exist!
- ♥ Christmas Message
- ♥ Course Content in SSE
- ♥ Fun Activities

SSE Activities

Classes From

10.15am - 12.00pm

Soar Valley Community College

Ages 4 to 16 Years

Weekly Assembly

Monthly Bhajans

Monthly Library

Study Circles

Workshops

End of term is Sunday 16th
December 2007.

New term starts on Sunday
6th January 2008.

Enrolment of new children in
January.

Parent's Teacher meeting in
the new term.

Parenting Study Circles

**Hope you have a holy Christmas and
a happy new year and we look forward
to seeing you in the new SSE
term.**

**Character is power. Character is
true holiness. Without transforming
the character, packing the brain with
information can only result in
damaging it.**

**End of education is Character.
- BABA**

Festivals and Events

- ♥ Krishna Janmastami - 4th September
- ♥ Jewish New Year - 12th September
- ♥ Ramadan - 13th September to 13th October
- ♥ Avatar Declaration Day - 20th October 1940
- ♥ Navaratri and Vijayadashami - 11th-21st October
- ♥ Guru Nanak's Birthday - 5th November
- ♥ Diwali - 9th November
- ♥ Akhand Bhajans - 10th to 11th November
- ♥ Swami's Birthday - 23rd November
- ♥ Eid - 20th December
- ♥ Christmas - 25th December
- ♥ Christmas - 25th December

Christmas Acronym

Cheerful
Holiday
Remembrance
Ice/cream
Snow
Tinsel
Magical
Amarzing
SeaSon

What does the word
Christmas mean to
you?

SWAMI declared his Mission and Avatar on 20th October 1940 - 67 years ago when he was 14 years old.

Sathyanaarayana started for school as usual. However, within a few minutes, He returned to the house. Standing on the outer doorstep, He cast aside the books He was carrying and called out, "I am no longer your Sathya. I am Sai." The sister-in-law came from the kitchen, only to be blinded by the splendour of the halo around Baba's head! He addressed her, "I am going; I don't belong to you; Maya (delusion) has gone; My Bhaktas (devotees) are calling Me; I have My Work; I can't stay here any longer." When the brother hurried home on hearing all this, Baba only told him, "Give up all your efforts to 'cure' Me. I am Sai; I do not consider Myself related to you".

**Love is my Form Truth is my Breath
BLISS is my Food**

My Life is my Message Expansion is my Life

No reason for Love No season for Love

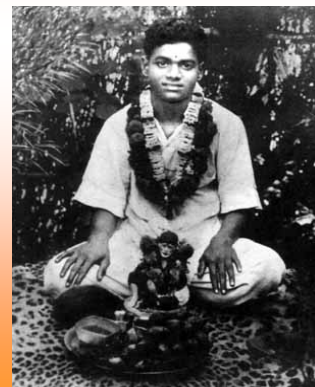
No Birth No Death

Prema Sathya Ananda

Dharma Shanti Ahimsa

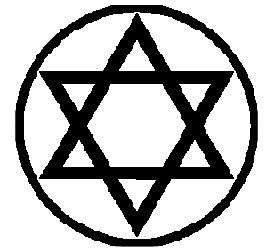
Shirdi Sai Sathya Sai Prema Sai Jai Jai

Shirdi Baba Sathya Baba Prema Baba Jai Jai



Purify the world with **SANKEERTHANA**. There is no age like the Kali Age, none at all, whereby mere meditation on the name of the Lord, the Supreme Goal is realised. Oh blessed One! - Avatara Vani

Jewish New Year



- ◆ Hanukkah is an eight day holiday starting on the 25th night of the Jewish month of Kislev. Hanukkah (The Hebrew word means 'Dedication') is also known as the Festival of Lights.
- ◆ The origins of Hanukkah are an event that happened over two thousand years ago. At this time, Judea was ruled by Antiochus, a Syrian king. He attempted to adapt the Jews into Greek culture, commanding them to worship Greek gods while oppressing Jewish culture and religion. A statue of Antiochus was erected in the Jewish temple and it was ordered that the Jews should bow down before him.
- ◆ The Ten Commandments forbid Jews to worship statues or idols. Although the Maccabees won, the Temple in Jerusalem was destroyed. The Jews had to clean and repair the Temple, and when they were finished they rededicated it to God by repairing the sacred Menorah (a six-stemmed candelabrum) of the temple. Only one small jar of sanctified oil was found, and yet the lamp stayed alight miraculously for eight days.
- ◆ It is because of this miracle that Hanukkah is celebrated by lighting one candle on the Hanukiah (an eight-stemmed candelabrum) each day. 'Rock of Ages' ('Moaz Tzur' in Hebrew), a hymn of praise to God, is sung after each night's lighting of the candles. The Hanukiah symbolises how God looked after the Jewish people at this difficult time.



Ramadan

- ◆ Ramadan is the ninth month of the Islamic calendar, and a time when Muslims across the world will fast during the hours of daylight.
- ◆ During Ramadan, Muslims celebrate the time when the verses of the Qur'an were revealed to the Prophet Muhammad (peace be upon him). This time begins on the night the first verses were revealed, a night known as Lailat ul-Qadr ('The Night of Power') which falls within the last 10 days of the month.
- ◆ The month of Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. The fasting is intended to help teach Muslims self-discipline, self-restraint and generosity. It also reminds them of the suffering of the poor, who may rarely get to eat well.
- ◆ Reading the Qur'an is an important part of Ramadan, and many Muslims will attempt to read the whole of the Qur'an at least once during the Ramadan period. Many will also attend special services in Mosques during which the Qur'an is read.
- ◆ It is common to have one meal (known as the *suhour*), just before sunrise and another (known as the *iftar*), directly after sunset. This meal will commonly consist of dates, following the example of the Prophet Muhammad. Because Ramadan is a time to spend with friends and family, the fast will often be broken by different Muslim families coming together to share in an evening meal.
- ◆ At the end of the month, once fasting has been completed, a big celebration takes place known as 'Eid-ul-Fitr', the Festival of the Breaking of the Fast. During this celebration Muslims dress in their finest clothes, give gifts to children and spend time with their friends and family. At **Eid** it is obligatory to give a set amount of money to charity to be used to help poor people buy new clothes and food so they too can celebrate.



Krishna Janmastami

When Lord Vishnu came down as Krishna his main mission was to kill the Evil King Kamsa. Krishna killed Kamsa physically and so did all the previous Avatar's of Lord Vishnu. BUT Swami has also come to destroy evil just like all the other Avatars of Vishnu with the greatest weapon of Love. Swami's mission in this avatar's lifetime is for the transformation of mankind leading us back on to the path of Dharma or Righteousness.

All the Avatars are one; they have come down to our level for us to understand their mission. We have to understand that Krishna and Swami are the same; there are two small anecdotes which shows us that all forms are one with the same mission.

During Krishna's childhood, Krishna and his cowherd friends would go into the woods and fields to graze their cattle cows. On one such occasion they were in the woods and a wild fire erupted and soon surrounded Krishna and his friends. The fire was such that the cowherds couldn't bear to keep their eyes open they called out to Krishna, "Krishna Krishna save us!", Krishna replied "Why are you worried, have you not seen me kill all those demons?" Krishna smiled and said "Do not worry I am here, chant my name and everything will be okay" The cowherds chanted constantly and thought only of Krishna. Then the fire stopped instantly, and the cowherds opened their eyes and stared around, the area didn't even look like there had been a fire, everything was as it was before the blaze, even the cattle were calm as if nothing happened and there was Krishna leaning on the back on a tree with smile on his face.

A very similar incident has also occurred during Swami's childhood, Raju as they lovingly used to call him then. During those times there were many people who didn't like Swami. Some of these people wanted to get rid of Swami so one evening when Swami and his friends were relaxing in a house they locked the house in which Swami and his friends were in and set fire to it. Soon the entire roof was ablaze and all the children were scared and they all called out, "Raju help us you are the only one that can save us!" Swami replied "Why fear when I am here, everything will be okay, just think of me and everything will be fine". Then out of a clear cloudless sky it rained, not only that, it poured just on the house and nowhere else.

GOD DOES EXIST!



A man went to a barbershop to have his hair cut and his beard trimmed.

As the barber began to work, they began to have a good conversation.

They talked about so many things and various subjects.

When they eventually touched on the subject of God, the barber said:

"I don't believe that God exists."

"Why do you say that?" asked the customer. "Well, you just have to go out in the street to realize that God doesn't exist.

Tell me, if God exists, would there be so many sick people?

Would there be abandoned children?

If God existed, there would be neither suffering nor pain.

I can't imagine a loving God who would allow all of these things."

The customer thought for a moment, but didn't respond because he didn't want to start an argument. The barber finished his job and the customer left the shop.

Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and an untrimmed beard.

He looked dirty and unkempt. The customer turned back and entered the barber shop again and he said to the barber:

"You know what? Barbers do not exist."

"How can you say that?" asked the surprised barber. "I am here, and I am a barber. And I just worked on you!"

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers DO exist! That's what happens when people do not come to me."

"Exactly!" affirmed the customer. "That's the point! **God, too, DOES exist!**

That's what happens when people do not go to Him and don't look to Him for help.

That's why there's so much pain and suffering in the world."

CHRISTMAS MESSAGE

5

WHAT is the INNER significance of Jesus' birth in a Manger?

Why did the MAKER and Lord of the Universe make do with the cattle's barn?

IS THIS ANOTHER DIVINE ACCIDENT, OR IS THERE A HIDDEN LESSON FOR HUMANITY?

Lessons from the Life of JESUS

JESUS knew his Divinity but he never bragged about it. Instead he emptied himself and took the position of a servant. For the SON of Man did not come to be served but to SERVE and to give his life as ransom for many (Mark 10:43).

The Manger is a symbol of SERVICE. To serve is to stoop down, it is to take the lowest place, it is to empty oneself from all ego. There can be no genuine service without the trace of humility. Our beloved Swami tells us, "The essence of Service is selflessness..." .

There is another importance as to why Jesus was born amongst the animals. Jesus also came to save the animals! He came to put an end to animal sacrifice (including slaughtering of animals for the Gods of our stomachs). Jesus showed this in unmistakable terms.

- * First, the animals welcomed him in the shed, they were fortunate to hear his first infant cry-a cry that wiped away all the tears they
- * They saw his divine smile them! They were given the vine face filled with the Radi-
- * At the end of his earthly life He offered his body and his people for all eternity (Hebrew



have shed in the hands of humanity. which told them that God was also with privilege to be the first to behold his diance of Truth.

Jesus also identified with the animals. blood as the final animal offering for all 9:12, 10:10, 10:14).

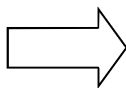
In the ancient times, animals were and bore the brunt of the evil and common practice in the time of Je-approve of this custom. Jewish peo-during Passover. On the last Pass-disciples. Jesus replaced the lamb BODY and the wine which he said was his BLOOD. He became literally the Paschal Lamb, the 'Lamb of God' who takes away the sins of the world (John 1:29) when he was arrested , tried and crucified on the cross. Jesus' disciples understood this symbolic divine act.

the 'scape goats' for the sins of people ignorance of humankind. This was a sus (ref: John 2:13-22). Jesus did not ple used to sacrifice the paschal lamb over night Jesus ate his supper with his with the bread which he said was his

with the bread which he said was his

CHRISTMAS is incomplete without grasping the inner significance of these divine acts. We must be kind to animals. We must stop killing the animals, instead as Bhagawan Baba says 'we must sacrifice the animal qualities in US: greed, anger, hatred, jealousy, lust and ego. When these animal qualities are eliminated we will naturally be kind to the animals.

Be Kind to brother lamb
Loving to sister Sheep
Grateful to mother Cow
Merciful to little Chicken



Jesus was the 'Lamb of God'
Jesus was the 'Good Shepherd'
Watched Mother Mary give birth to Jesus
The Hen like God gathers her chicks under her wings

The animal kingdom must be allowed to celebrate Christmas with joy and gladness because they played a vital role in the divine birth. It is a human tragedy that these creatures suffer so terribly in the hands of man, especially during the season of Christmas when billions of animals are slaughtered to 'celebrate' the birthday of **Jesus**.

YOU MUST GIVE SOME TIME TO YOUR FELLOW MAN. EVEN IF IT IS A LITTLE THING, DO SOMETHING FOR OTHERS — SOMETHING FOR WHICH YOU GET NO PAY BUT THE PRIVILIDGE OF DOING IT.

COURSE CONTENT IN SSE



Regular Sai Spiritual Education (SSE) activities on Sunday: assembly; which includes prayers, class presentations, group sadhana and announcements.

NURSERY & RECEPTION

Ages 4-6

Introduction to basic prayers and simple quotations from Swami. Learn values through songs and silent sitting. Read short stories on human values to bring out an awareness of them within the child. Play good value games, quizzes and exercise. Do interesting creative art and craft activities in class.

Syllabus includes healthy eating of fruit and vegetables, hygiene and lifestyle, importance of plants and nature; the 5 elements, saving and recycling, Good company; friends, school and family relationships. Religion and festivals, Gods and Goddesses, seasons, animals, birds to help inculcate good behaviour.

GROUP 1

Years 1, 2 and 3.

Ages 6-9

Prayers : Omkar, Ganesha, Guru, Saraswati Maa, Lords prayer, peace prayer, Gayatri and Saithree, Sarva Dharma, universal and morning and food prayers.

Quotations : Swami's plus all religions and cultures.

Stories : Festivals, nature, historical, famous people and values.

Meditation : Silent sitting and guided visualization.

Group devotional Songs (GDS)- Simple Bhajans.

Group Activities- colouring, role play, games, quizzes, word searches, attitudes tests, class discussion, instrumental music and Spiritual Diaries.

GROUP 2

Years 1, 2 and 3

Ages 10-12

Prayers: Jewish, St Francis, Swami's; morning and night prayers, Brahmaarpanam – food prayer, Suprabhatham, Arathi, 108 names (0-54) and Bhagawat Gita Shlokas.

Meditation : Soham/breathing.

Stories : Introduction to Ramayana and Mahabharat.

GDS : simple and medium bhajans.

Group Activities: Debates, presentations and workshops.

SRI SATHYA SAI HUMAN VALUES PROGRAMME

GROUP 3

Years 1, 2 and 3

Ages 13-15

Prayers : Bhaja Govindam, night prayer-kara Charana, Bhagawat Gita chapter 15 & 16 Shlokas, 108 names (55-108).

Meditation : Joythi/light.

Stories : Mahabharat cont. influential people, management of time.

GDS : difficult bhajans.

Group Activities : Discussion on science and practical spirituality, projects and exams.

GROUP 4

Ages 16-18

Conducting Library, teaching assistance, working within other wings in the centre, helping in programmes, magazine work, study circles and the upcoming LOTUSS - Life's Opportunity To Understanding Self and Spirituality programme.

GURUS AND HELPERS

Ages 18 +

- * Teaching and growing spiritually along with the children.
- * Learning new skills and developing knowledge through regular attendance to regional and national trainings.
- * Facilitating training and workshops in-house and regionally.
- * Structured Study circles.
- * Gurus, centre, regional, national, international Meetings.
- * Parent—Teacher conferences, home visits.
- * Attend and organize workshops, trips, camps and programmes for centre functions.

Assessment : All children take part in annual examinations either aural, written or a combination and complete summer and class projects and homework. They are given spiritual diaries according to their age to encourage spiritual discipline and reflection by thinking about God.

SOW A SEED OF THOUGHT, REAP A FRUIT OF ACTION

SOW A SEED OF ACTION, REAP A FRUIT OF HABIT
SOW A SEED OF HABIT, REAP A FRUIT OF CHARACTER,

SOW A SEED OF CHARACTER, REAP A FRUIT OF DESTINY.

- BABA

Christmas Word search

W K N O I T C I F I C U R C Z
 F B Z O N M M C K V Q S W I R
 U E D S A V A K G R C G M H E
 Y I O A Z S U A L C A T N A S
 R B D M E M S S F Z W P C X Y
 A D J T R G X S R F J I S H U
 M T W S A W X E T S O G B J T
 N Q O I T T H N D S A E E S X
 I U O R H B Q E Y B E S K S G
 G G W H S E P V R P U Z H K D
 R T B C I F A I K S G R L Z A
 I V K P J X E G J O E S E P H
 V F O Y H L S R Q F R S K D N
 G O G X L I W O T B I E Q J K
 B A Q E G F L F Y O G N U P M

Fill in the gaps

We wish you a Merry _____;
 We wish you a Merry Christmas;
 We _____ you a Merry Christmas and a Happy _____ Year.
 Good _____ we bring to you and your _____;
 Good tidings for Christmas and a Happy New _____.

Oh, _____ us a figgy _____;
 Oh, bring us a _____ pudding;
 Oh, bring us a figgy pudding and a cup of good _____
 We won't go until we get some;
 We won't go until we get some;
 We won't go until we get some, so bring _____ out here
 We wish you a Merry Christmas;
 We wish you a _____ Christmas;
 We wish you a Merry Christmas and a _____ New Year.

Words

Merry New Some Pudding Cheer Figgy Tid-
 ings Kin Christmas Wish Bring Year Happy

CHRISTMAS
 CRUCIFIXION
 FORGIVENESS
 GABRIELLE
 JESUS
 JOSEPH
 NAZERATH
 SANTACLAUS
 VIRGINMARY

G N B
 U A I
 R N R
 U A T
 K H
 S D
 A Y



Have a **HOLY**
Christmas
 and a **happy**
new year.



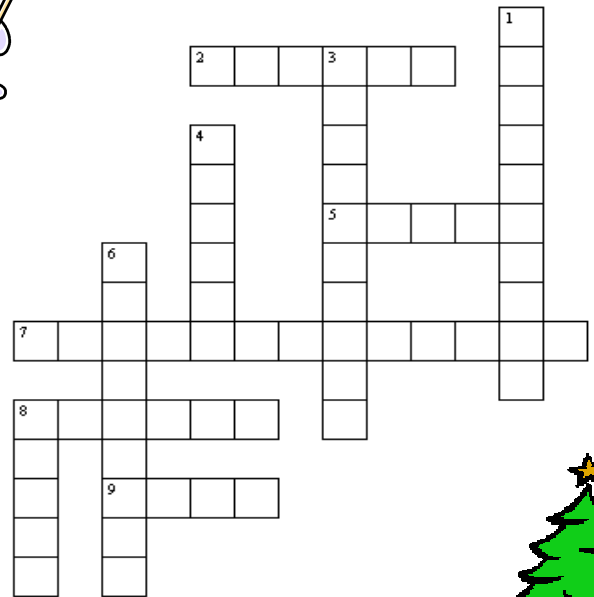
Christmas cross-word

ACROSS

- 2 Shiny decorating material
- 5 Normally found on top of a christmas tree
- 7 Green thing you decorate
- 8 Carpenter and jesus' father
- 9 Virgin mother

DOWN

- 1 Patterns made in snow
- 3 Someone that comes down your chimney
- 4 Songs sung at christmas time
- 6 25th december?
- 8 Another name for christ

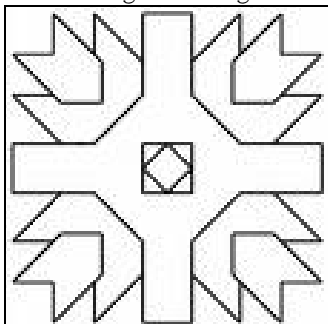


Sourced by BM

Yesterday was a dream
 Tomorrow is a vision
 Today well lived will make
 Yesterday a dream of
 happiness
 And tomorrow a vision of
 hope.

Swami says "the present
 is omnipresent".

Rangoli Design



Used on Diwali



Mary and Joseph had to go on a long journey to Bethlehem, to register for the Roman census. A donkey carried Mary on this trip. Luke 2

We use the words 'I' and 'we'. From where did the word 'we' come? It has come from 'I'. Without 'I', there can be no 'we'. Thus, 'I' is the one and only one entity. It is like a vertical wooden pillar. When another piece of wood is nailed across in the middle horizontally, it becomes a cross. It means that when 'I' (ego) is broken, it becomes a cross. We must always endeavor to keep 'I' as one. You consider all people as your brothers and sisters. These brothers and sisters are not separate entities. All are one. If you thus make an enquiry, everything in this universe represents only the principle of oneness. If you establish this truth firmly in your heart, the same feeling will reflect everywhere.



- BABA

If you take one step towards GOD, God takes 10 towards you.