



Forthcoming events

Ladies Day
Walk in Watermead Park
Saturday 19th June 2004
4p.m. – 6p.m.

Sadhana meeting for SSE
children and parents.
Sunday 20th June 2004 at
Soar Valley College.
From 11.15 a.m. to 11.45 a.m.

Fathers Day
Sunday 20th June 2004

Study Circle - Karma
Sunday 27th June 2004

SSE Exams
Sunday 27th June 2004
Soar Valley College,
Leicester.

Guru Purnima
Friday 2nd July 2004, 7.30 to 9
p.m.
Venue: Soar Valley College,
Leicester

SSE break off for the Summer
vacation
Sunday 4th July 2004

Drug & Alcohol Awareness
Day (2nd session)
Sunday 4th July 2004
Venue: Birmingham

Region 4 Satsang
Sunday 11th July 2004
Venue: Rugby

Global Service Day
Sunday 18th July 2004

Group Devotional singing

Every Sunday
9.00a.m. – 10.15a.m.
Soar Valley College

SSE Classes

On Sunday's
as per SSE term
10.15am – 12.00 noon
Soar Valley College

AVATARS DIAMOND IN LEICESTER

Once again the Youth of Region 4 were honoured with the presence of Sri Anil Kumar on Friday 7th May 2004. The session started with the professor giving a talk for half an hour and then there was a question and answer session. Below are some of the main points of the talk.

He started by saying that he was very happy to be amongst us. Throughout his life he had served for 40 years as a teacher and spent a lot of time with youth. He asked us, what is the role of youth and what is the definition of youth? Youth is not related to age. Youth means dynamism, it is those that are dynamic, active and energetic that can be called youth.

Swami has high expectations of youth and gives top priority to them. Youth must rise to His high expectations and must not betray Him. The Sathya Sai Organisation is a spiritual organisation with higher goals. Swami wants youth to talk less and work more because in society there is more talk than work.

Swami asked some MSc. students whether they knew how to make their parents happy. He then continued to say, "If you can't please your parents whom you have known all your life, how can you please God who you do not know?"

Continuation on page 2...

Today's fathers Day 'Happy Fathers Day'

What makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,

The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,

The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,

Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

Too big to sit upon your knee,
Too old to have you read to me,
Too far from you, too many miles
Too many days without your smiles.
Too much to do, but had to say,
I love you! Happy Father's Day!

*In this issue of our newsletter we
Will discuss the topic*

'LOVE'

For achieving anything in life, two things are essential: firm faith and pure love. If you develop love of God, that love will banish all sorrow and evil tendencies like attachment, anger and envy.

God is love; Love is God.

Love is linked to love.

When one is full of love

He is fit for oneness with God.

Baba

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- Shiva lingam Abhishek
- Sai session
- Eswaramma Day
- Active workers conference

Continuation of Anil Kumar

In Leicester ...

He also reminded the youth about the need for discipline because it pleases Swami and that we should all be great examples of the Sai Organisation. We should be so strong that others look up to us and we must also be united.

For the remainder of the time Sri Anil Kumar answered the questions of the youth. Below are a few of the questions that were asked.

Question: Do your duty. Please discuss this.

Answer: Duty is to be discharged in full awareness that duty is God and not in anticipation of the result. Before doing your duty, say God's name. Duty coupled with prayer becomes an act of worship. Without prayer, it becomes mechanical.

Question: Why did God create this world? Who created God? What is the aim of life?

Answer: God has created this universe as His Play. It is just a play for fun and frolic. Who created God? A devotee. God is there because of a devotee. The devotee recognises the presence of God. Your devotion created God. The aim of life? There is only one aim, to go back to the source or place of origin. We have come from God, God is in us. Liberation is not an achievement because you are born liberated; it is an inborn gift from God. You need to get out of attachment and bondage.

Question: What should we do when Western life is such a distraction?

Answer: East or west, man is man. If you have a weakness for distraction, then Indian society is enough. Run away from bad company, do good day in and day out. No society will spoil you if you are firm in your conviction.

As well as the public talks that the professor gave there were also a fortunate few that had other meetings with him. Pravinaben and Mukundbhai had the pleasure of inviting Sri Anil Kumar and his wife Vijaya Laxmi to their house for dinner and also visited the National Space Centre with them. The professor spoke of further experiences with Swami and said that being with Swami is not easy. As God, He is very loving but as an employer, He is a very hard task master. There is no element of getting into a comfort zone. At the age of 45 when Sri Anil Kumar was comfortable and had no intention of changing his career, he went to Swami. Swami asked him to become Head of faculty in one of His institutions. Sri Anil Kumar is currently in his sixties and no longer teaching, but Swami has once again asked him to teach.

Sri Anil Kumar's wife Vijaya Laxmi, who accompanied him to the U.K., also has a role of great importance. She is a double graduate, she has written four books in Telugu and she cooks for Swami everyday when He is at Prasanthi Nilayam. She also spoke of her experiences and said that in the morning she may go to a discourse and then she hurries back to cook Swami's food. Everything has to be fresh and not prepared in advance. Swami gives her inspiration of what is to be cooked and she has to listen and look within to hear His messages.

Sri Anil Kumar also shared many photographs where he was dining with Swami and walking with Swami. There are also pictures of them in Kodaikanal and on holiday.

A Sai devotee by the name of Jaswantbhai also saw Sri Anil Kumar and his wife at a service station whilst they were travelling on the motorway. At this point they approached the couple and received their blessings. The professor also recognised Jaswantbhai's son who had attended the region 4 youth talk. Jaswantbhai was very appreciative that Swami had answered his prayer because he did not get the chance to meet with Sri Anil Kumar when he attended his talk in Leicester.

Committee members of the U.K. Council and trustees of the Organisation also had the opportunity to dine with Sri Anil Kumar and his wife, where Mukundbhai and Pravinaben were also privileged to attend. They went to a small restaurant and it just so happened that the group was split up onto different tables. Sri Anil Kumar had a quick bite to eat and then got up and went around and spoke to everyone individually. Many people commented that he remembered everything and everyone's name.

His comments about the trip were that he was very happy and extremely grateful for the hospitality that he had received. He said that on his return to India he would tell Swami everything. He will also say that if Swami were to ever visit a different country, he would recommend the U.K. and especially Leicester.

Personal message by Sri Anil Kumar to the youth of Leicester:

I am privileged to be
arranger of the youth of Leicester UK.
I pray Magawan to bless
each and every one of them.

Chiville
7-05-004.

Importance of Home Bhajans

Swami has said that singing bhajans is a spiritual service to ourselves and the environment, Sanskrit words are mantras and in combination with the music, we can see how powerful a tool this can be for creating not only harmony with the universe by being literally in tune with it. By spreading more bhajan groups e.g. home bhajans, mandir bhajans energy fields can arise emitting vibrations, harmonizing with universe and this may help neutralise the harm man has done to himself and his environment in this kali yuga.

It may take a little time for some ears to become accustomed to this form of music, but if one allows oneself an open mind (and ear), the effects of the bhajans will most certainly become apparent. As we grow more harmonious our consciousness becomes expanded and we draw closer to realising our divinity.

The purpose of inviting devotees into their homes for home bhajans is to invite divinity into their homes and their lives through devotees and mostly invite God into their home and their lives. At home bhajans the devotees sing bhajans to create a spiritual atmosphere where we can really feel God's presence. So lead singers should sing with devotion and without ego, bhajan singers should also practice the nine point code of conduct, Swami says if we are aware of these in our daily lives, our devotion will grow, because the constant awareness of God's presence will be reflected in our singing.

We must regard every bhajan session as an appointment with God (or with Swami), as Baba is present at all bhajans. "Wherever my devotees sing my glory, oh Naradha, there I manifest myself" is one of Swami's favourite quotations from the Bhagavatha. The objective of bhajan singing is to make us conscious or aware of the omnipresence of God. Therefore whenever you are participating in a group bhajan, home bhajan or mandir bhajan, do so with the same devotional fervour and reverence, as you would do while singing bhajans at Prashanti Nilayam in the physical presence of Baba, although unseen to your physical sight, Swami is present at each and every bhajan session, seated on the chair or moving amongst the devotees. We must cultivate this feeling of his presence at every group, home and mandir bhajan, as Swami himself has said "Perform bhajan as though I am physically present". If we keep this in mind every bhajan will indeed be an appointment with God and our best efforts will be evident on every occasion.

Our Centre is invited by Sanathan Mandir to sing bhajans on the last Saturday of every month. We have been doing this for over a year. Bhajan singing is seen as a spiritual activity with an element of providing service to members of the community who visit the Mandir.

About 50 devotees attended bhajans at the Mandir on Saturday the 28th of February. A few devotees who don't normally sing bhajans in the Centre had the opportunity to sing. Some of the regular visitors to the mandir also joined in and this added a great atmosphere created by the surroundings. Some of the comments included:

- ***It was good to see some new faces"***
- ***I felt honoured to get an opportunity to sing a bhajan"***
- ***The vibrations were very good"***
- ***This is the first time I have been to this activity and I will certainly be going again"***

Please come and join us. If possible come early and help set the PA system and if you play a musical instrument you are welcome to come and support the team.

Bhajans are from 5.30 to 6.30 pm in the Mandir. You don't need to inform anyone, just turn up. If you are anything like me, and visit the mandir once a year on New Year's day then here's your chance to change that!

Health Awareness Day 6th June 2004

The Health Awareness Day was held on 6th June 2004 at St. Matthews Neighbourhood Centre, St. Matthews Estate, Leicester.

It commenced at 11.00 a.m. with the last few coming in at 3.40 p.m. before the doors were closed.

The session was supported by the Eastern Leicester Prime Care Trust (NHS) who set up an exhibition on healthy eating and general health awareness.

Those who attended had to complete a registration form and sign a declaration for legal purposes. All items of recording were then noted on the form.

After registration they went to the BMI (Body Mass Index) area, which measured height, weight, blood pressure and blood sugars. If needed, this was followed by a visit to one of the General Practitioners, or dentist or an optician.

There was 13 medical staff present, of which 5 were doctors, 1 dentist, 1 optician, 2 nurses and 4 other medical staff.

Apart from the medical checks, there were also talks by specialists on healthy eating, drug and alcohol awareness.

Over 115 people attended, and the majority of these were from the Somali community.

Majority of the comments on the evaluation forms were "very good" and "please let us have more of these sessions".

The day was a success, as we managed to provide a free medical service to the community and also raise awareness on healthy living.

Defensive Driving

Defensive driving was an excellent presentation by PC John Budelis, a traffic officer with the Leicestershire Police Force. He now drives for the Chief Inspector. He holds a Class 1 Driving License, which requires him to be tested every two years on an advanced level. The aim of these presentations is to reduce deaths from road traffic collisions.

Driving is now classed as the most dangerous activity. About 3500 people were killed on the road last year in Britain.

Some factors that lead to driver error

- Speeding
- Lack of concentration/ observation
- Bad road positioning and lane discipline
- Aggressive driving- driving too close and fast
- Drink and drug usage
- Mobile phone use
- Fatigue
- Tiredness can effect the driver's concentration
- If the driver has had an argument, s/he drives aggressively
- Drinking and drug use impairs the driver's judgment (even some prescription drugs)
- Pressure of work e.g. working on commission or deadlines
- Trying to impress e.g. young driver with his mates
- Other people's actions e.g. tail gating and bright lights reflecting in the

A short video presentation followed showing some bad driving and how people see themselves. The message was that driving requires 100% concentration and not to get wound up by other people's actions.

Defensive driving allows you to:

Read the road further ahead for advanced anticipation to prepare for the unexpected and gives you more time to take appropriate action

Good tips for driving defensively & safely

1. Plan your journey allowing for a break.
2. Check teletext and radio for road work delays.
3. Keep a map in the car in case you need to change your route.
4. Allow yourself plenty of time for the journey. Baba says "start early, drive safely and get there on time"
5. Observations are important –
 - read the road signs
 - get in lane early
 - use your mirrors
 - only overtake if safe and when necessary
6. Reduce your speed – gives you more time to react saves petrol may add a little more time to the journey but you are safe
7. Keep your distance from the car in front e.g. you need never have to break on a motorway if you keep your distance
8. Allow for adverse weather conditions – stopping distances are longer in wet weather
9. 100% Concentration – don't be distracted by mobile phones radio and cd controls children in the back seat
10. Know your vehicle-familiarise yourself with controls so you are not Searching and trying to drive
11. Perception of other people's actions- don't let other driver's actions effect your mood
12. Be courteous-good actions need to be acknowledged

Easter celebrations in Leicester

On Sunday 11th April 2004, the Sai centres from Leicester celebrated a memorable Easter in the presence of The Bishop of Leicester and the congregation of The Parish of the Resurrection.

The morning began with Group Devotional Singing and was followed by a welcome by the Regional Chair Mukundbhai Patel. He welcomed Father Anand, who introduced the choir and the Bishop of Leicester.

He read from the Bible and everyone then said the Easter Acclamation "Alleluia, Christ is Risen, He is risen indeed Alleluia".

Following on from this, there were hymns led by the Church Choir, and a reading from the Bible by the Choir of the Shrewsbury Group – Sarah Edwards.

The Lord Bishop also addressed us all and spoke of his delight to be present at the Sai Centre. The Bishop also talked about the friendship that had formed between the two communities and said that it was an unique day that he will not forget.

It was a glorious morning filled with celebration and many kind words.

The morning finished with an Easter hymn, The Lord's Prayer, blessings from The Lord Bishop and Aarti. Easter eggs were distributed to the delight of all. Many of us also went to the church with the congregation to attend the Easter celebrations there.

Ladies Days

Ladies days are held every month on the 19th of the month. Usually this is an evening session of approximately two hours depending on the activity organised. The venue is normally Soar Valley College in the refectory upstairs. It gives the ladies to get-together, share ideas, learn something new and have fun

Different activities are organised every month and cater for different interests.

For example on 19th March there was a workshop on the significance of pooja and a demonstration of how to make garlands.

On 19th May there was a demonstration of body massage using oils and the significance of dry brushing the skin to improve circulation.

The next activity planned for Saturday 19th June is a walk in Watermead Park from 4-6p.m. and [everyone is welcome to join](#).

Prison visits

On 23rd March and 8th April 2004 there was an open evening at the Leicester Prison. A few members from Leicester Central attended this open evening. On arrival they had their identification checked and were then led to the chapel, where the Chaplain spoke to them. They were told about the different categories of prisoners and how the prison visits would be organised. A volunteer then spoke of his experiences of being a prison visitor and said that at first he felt a little scared and afraid of the prisoners but then as he got to know the prisoner, he felt more comfortable with the situation.

The Chaplain is responsible for choosing a suitable person to be visited. Prison visitors are encouraged to visit the prisoners at least once a fortnight and can spend from 30 minutes to an hour with the prisoners.

What is an official prison visitor?

An official prison visitor is someone who visits those in prison irrespective of whether they have visits from family or friends. An official prison visitor is anyone aged between 21 and 70 who has time to care to share and to listen to someone who may be feeling lonely, unloved and rejected.

What's involved?

Anyone wanting to take this further, will be interviewed by the Chaplain, then Police checked. If suitable, they will then be paired with a prison visitor until they are comfortable to visit on their own.

"The day you visit me is the nearest thing to a day on the outside". A prisoner

The Sri Sathya Sai Drug and Alcohol Awareness Programme 2004

This programme has been organised by Andy Flower, the Regional Service Co-ordinator to address one of the Service pledges made at the regional conference. It will be conducted in 2 full day sessions. The first session was held on [14th March](#) in Birmingham.

The day was run by Praminder Dhillon, the National Service Co-ordinator for Social Projects.

The day focussed mainly on drug awareness, the types of drugs available (legal and illegal), and methods of application. The presentation was delivered using video footage, talks by Sister Praminder and group discussion.

We started with Sister Parminder asking us to discuss between us the reasons for our attendance for the programme. The resulting feedback was that everyone wanted to find out more about drugs, the signs to look for in someone under the influence and what to do in the event of coming across someone who had indulged.

One of the most important lessons learnt was that drugs were a part of the society we lived in and everyone is affected. As such, Centre and groups have a duty to inform and educate the devotees in the dangers that drugs pose. The next step in the process is to conduct a series of drug awareness days in Centres /Groups. Some participants have already volunteered as "Drug Educators" and will attend the second session to develop the necessary skills to conduct these.

Spiritual Workshop–Dharma & Duty

Questions for discussion: ***What is Dharma? Is Dharma and Duty the same? Who or what determines our Dharma? What is the relationship between Dharma and Consciousness?***

Dharma is virtually an untranslatable word. Righteousness perhaps comes closest to its meaning. It is a sense of religious obligation that combines both duty and reason. Doing the right thing at the right time is Dharma.

To do one's duty one may not have a choice but to practice righteousness one can make a choice. Pure love is essential to do the right thing at the right time. Dharma, or right conduct is based on bringing our thoughts, words and deeds together to find the inner god. Duty carried out responsibly will result in the right action.

Dharma is an idea from the heart, when translated in action resulting in right conduct.

To practice dharma, introspection, self-discipline, and self-audit are required. We are the keepers of our own right conduct, directed by our inner source of wisdom. Everyone must evolve their own way of being and conduct dharma based on their faith in the existence of the soul.

Our Dharma changes through the different stages of life. Each stage has a role that requires the right conduct for that role. Swami tells us that the act of Dharma causes a spirit of self-surrender. Service to society is practising righteousness.

Paradharma is dharma related to body consciousness. All duties associated with the external world are comprised in paradharma. These duties involve one in the bonds of worldly life, which give temporary pleasure. Swadharma is related to the atma and means the person practising this sees god in everyone and everything to act accordingly.

Sundaram Group – Shiva Lingam Abhishek

On Monday 12 April 2004, members of the Sundaram service group organised Shiva Lingam Abhishek puja at St Albans Hall, Weymouth Street, invited elderly devotees from our Centre and elderly members from the community to participate in the puja. In total there were 31 guests and similar number of volunteers, with Kishorebhai Vyas reciting the Katha, and Kusumben & Vinodbhai were 'volunteered' to sit for the puja.

Transport from the residence was arranged for every guest who was invited to perform the puja. Each guest was provided with all items needed for the puja, and some brought their own lingam for the puja. Lingams were provided if they had not brought their own. The guests were seated, on chairs (or their own wheel-chair) with table placed in front to perform the puja, and volunteers provided assistance, when needed, to ensure that the puja was performed as comfortably as possible.

We provided refreshments before the start of the puja; and at the end of the puja, the guests were offered lunch, with all volunteers joining the guests for the lunch. After lunch, all the guests were returned home safely.

Lots of very favourable comments were received from our guests – from "thank you very much for giving us the opportunity to perform the puja" to "very well organised event" and "can you please include us when you organise similar event" were heard. Praise indeed. And the volunteers enjoyed the puja and gained something (personally) from this experience. All volunteers were happy to have taken part in the puja and being spiritually involved in one way or other. Well done everyone! Sai Ram.

SAI SESSION

"Knowledge & Awareness"

Sai Mission

"The multiplicity of My Love will be felt throughout the world.

I have prepared you for this work over many incarnations.

I have drawn you to Me.

I have made great steps in My Mission over these past incarnations.

My work is ceaseless and your work too, is without end."

Baba

Details on page 7...

Continuation of Sai session from page 6

The Session commenced with a very apt prayer by Saint Francis of Assisi, titled "Make me a channel of your Peace".

The Centre Chair provided an overview of the 2004, Office Bearers Conference, "One Vision, Sai Mission".

There were some inspirational speakers like Phil Heaton, who is UK Chair. He spoke about the 9 achievements in UK:

1. Sai Oriented Centres
2. Establishment of BISSE
3. Public Relations Strategy (responding to media, etc.)
4. 2 Sathya Sai Schools in UK
5. Summer Camps through SSEHV
6. Service activities – Drug, Prison & Mentoring
7. New Head Quarters for UK
8. Draft guidelines on Health & Safety, child protection, etc.
9. Nurturing devotees through fact sheets on UNITY, DIVINITY, PURITY & EDUCARE.

The main speaker at the conference was Dr. Michael Goldstein, who is the Chairman of the Prashanti Council. This is a summary of what he said:

- Swami's health – no work has stopped through Swami being ill, but has increased, so understand He is not the physical body.
- As Sai Devotees, we have embarked on a monumental journey, ask again and again, "Who am I" "Why am I here"
- Swami is the ESSENCE of the Sai Baba Centres. They are sacred places, Not Business, Not Social, Not Religious.
- Youth – In order to be leaders of tomorrow, you have to be participants of today.

There was a discussion on the mission of the Sai Organisation and individuals were asked how they perceived their personal roles within the organisation, in relation to the aim of the organisation.

It was reaffirmed that the active participation by each individual within the Centre, was a way to lead the Organisation to realise its main objective, "**Re-establishing righteousness**".

There was emphasis that when an individual takes on a role within the Sai Organisation, they must carry out their role with full commitment and have full faith in Swami's divinity. They must accept all the rules and regulations as laid down by Swami himself.

The group was then split into 3 wings, to deliberate over a challenge set for them. This proved to be a fruitful session, which provided each wing with ideas to take away and develop for the future.

The 3 wing challenges are:

Service

How can the Service Wing involve the whole Centre in Global Service Day, starting from an SSE child of the age 5 to age dot.

SSE

How can Sai Spiritual Education promote spirituality and service to the parents of SSE children.

Spiritual

How do we make other faiths/cultures feel welcome in the Centre?

What steps do we have to take to open up the Centre?

Individuals were asked to do a self-audit each day, to determine how they could bring about a change in themselves, to progress further up the spiritual ladder.

Swami has said that over the coming months and years He will be giving very clear guidelines on how Centers should move forward.

This gives us all an ideal opportunity to be part of the divine mission as it moves onwards and forwards into the future, with our beloved Lord guiding us.

ESWARAMMA DAY



The mother is man's first preceptor (guru). She gives him the physical body. Besides, she gives the father to man. She alone can point the father to the child and draw his love and care toward it. The mother bears, fosters, and moulds the child into humanness, so gratitude is due to her first and foremost.

The significance of Eswaramma Day is that it is celebrated as Children's Day, a day when little children are to be reminded of the ideal, when she presented an ideal. No one can escape death, but the aim of everyone should be to remind oneself of the Divine at the time of death or have some holy or sacred thoughts. There is a saying in Telugu, "The proof of the Good is the way they die." Genuine devotion is evidenced during the last moments. I shall point out a small incident concerning the goodness of Eswaramma.

The summer classes were on at Bangalore. In the morning at 7, breakfast had to be served to the students. They went round singing spiritual songs in the streets (nagara sankeerthan) and returned at 6. I gave them Darshan (sight of a holy person) and went for my bath. Meanwhile, Eswaramma had finished her bath; she drank her coffee as usual, quite happily, and took her seat on the inner verandah. All of a sudden, proceeding to the bathroom, she cried out, "Swami, Swami, Swami," thrice. I responded, "Coming, coming." Within that period, she breathed her last. What greater sign of goodness is needed? She had no need to be served and nursed. Swami will come to the memory at that time only for a very few. The mind will usually seek and stay on some object or the other, some jewellery or valuables.

From the ground floor, she called, "Swami! Swami!" I replied, "Coming, coming," and she was gone. It was like the elephant's calling and the Lord proceeding to bless it --the two wires achieving connection, the release happening instantaneously.

This is the authentic consummation for which life must strive. Her daughter Venkamma and her grand daughter Shailaja were beside her, but she called out only for Swami. Getting this yearning at the final moment is the fruit of holy purity. It is the sign of an ideal adorable life.

Divine Discourse: 6 May, 1983[Source: Sathya Sai Speaks Vol XVI pp 60-62]

Love for mother has to be fostered by everyone. Barely one in a million realizes that he owes food, blood, and life itself to the mother. Wherever she may be, a mother is verily divine. It is said, "Regard the mother as God, the father as God, the preceptor as God and the guest as God (Matru Devo Bhava; Pitru Devo Bhava; Acharya Devo Bhava; Athithi Devo Bhava)". The mother stands foremost among these four. She is indeed the first teacher for everyone. Only the mother strives most for securing the well being of the child by showering on him boundless affection and love and showing him the father.

Everyone should treasure in his heart love for his mother, who has borne him, reared him with love, and fostered him with care. The person who forfeits his mother's love will not earn anyone's love.

Every man is prone to commit mistakes, either wittingly or unwittingly. But one mistake he should not commit in any circumstance is to forget what he owes to his mother. Love of a mother can redeem a man's life, whatever his other lapses may be. The greatest gift of the parents is the body with all its powers. Although the Lord rules over all lives, it is the parents who have endowed the body to the child. Clay and water are the gifts of nature. But it is the potter who makes the pots out of them. Hence gratitude to parents is a primary obligation.

Everyone should strive to make his mother happy. He should seek from the mother nothing but her love and blessings. Mothers should strive to keep their children on the straight path. Only such mothers and children are worthy of the name. When mothers and children act properly, the nation will develop along the right lines. Righteousness will spread from the family to the whole world. Divine Discourse: [Source: *Sathya Sai Speaks* Vol XX pp 76-81]

Eashwaramma Day Fun Day outing at Rutland Waters

Easwaramma day was celebrated this year at Rutland waters where parents and children enjoyed a barbecue picnic followed by a few games.

Quotes from Devotees:

"Good fun with cricket, good to see all the kids joining in. The food was fantastic."

"It was wicked! Should do it more often." (youth)

"Everything was brilliant."

"Lovely, all the children enjoyed it, good food, very friendly atmosphere and entertaining".

"Very good, very nice food, everything perfect".

"Activities really good idea, lots of activities, kite making was really good. Everybody joined in, went really well".

"Food was excellent, obviously made with God in mind. Must do it again".

Very good turn out. Activities was really good, must happen again. Good for spending time together. JUST EXCELLENT". **Page 8**

LOVE

The hall-mark of love is *thyaaga* (selfless sacrifice). Love seeks nothing from anyone. It bears no ill-will towards anyone. It is utterly selfless and pure. Failing to understand the true nature of love, man yearns for it in various ways. Love has to be cherished with feelings of selflessness and sacrifice. In what is deemed as love in the world--whether it be maternal love, brotherly love, or friendship---there is an element of selfishness. Only God's love is totally free from the taint of selfishness. Divine love reaches out even to the remotest being. It brings together those who are separate. It raises man from animality to divinity. It transforms gradually all forms of worldly love to Divine love. To experience this Divine love, men must be prepared to give up selfishness and self-interest.

Fill your hearts with love. One will be betraying himself if he entertains evil thoughts, but pretends outwardly to be full of love.

One filled with Divine Love will be fearless, will seek nothing from others, and will be spontaneous and selfless in expressing his love. When everything is left to God out of pure love and total faith, God will take care of the devotee.

For achieving anything in life, two things are essential: firm faith and pure love. If you develop love of God, that love will banish all sorrow and evil tendencies like attachment, anger and envy.

*God is love; Love is God.
Love is linked to love.
When one is full of love
He is fit for oneness with God.*

The most powerful weapon to destroy the forces of evil rampant in the world today is love.. Love is the seed of love. It is also the branches, the flowers and the fruit. To enjoy the fruit of love, one has to practise Love.

What is the nature of this love? When praying to God, you should have a feeling of total surrender. If you are really keen about realizing God, if you are hungering and thirsting for God, then you should cultivate this all-absorbing love.

Love should be steadfast and unwavering. If one goes on hopping from one Svaami to another, from one form of worship to another, he will never experience love of the Divine. "One word, one path"----that should be the aim.

Region 4 Active Workers Conference 2004

The Regional Active Workers Conference was held in Birmingham at Broadway School, on the 29th February. It is aimed at all active workers and Office Bearers of Groups and Centres who are part of Region 4.

The aim of the Conference is to allow the delegates to meet in one forum to discuss the work plan as outlined in the National Conference for the current year. It's an opportunity to meet, exchange ideas and methods of work amongst the attendees.

Here are some of the quotes from the members in the Conference:

- *It gives people an opportunity to talk to each other and share ideas.*
- *Also gives a chance to discuss the work plan.*
- *Opportunity to discuss how we are going to undertake the work of the Organisation.*

Continuation of the.... **Region 4 Active Workers Conference 2004**

The outcome of the day was that Centres/Groups pledged to carry out a number of tasks involving the Education, Service, Spiritual and Youth wings. The pledges made by Leicester Central are:

Spiritual Wing:

- Begin Jyoti Meditation from 2nd Quarter.
- Educare fact sheets once made simple & practical will be implemented, this will include Gujarati versions. Study Circles may be used to promote these during part of the bhajan session on Sunday morning.
- Interfaith, raise awareness by inviting once a quarter speakers from other faiths.
- Sai Orientated Centres. Leicester will continue progressing this with aim that we want to make feel anyone welcome who walking into the centre.

Service Wing:

- Medical camp to be conducted in June and raise awareness on health issues for the community, devotee and SEE children.
- A number of volunteers to attend Prison open days and get security cleared by the end of 2004.
- Tree planting and environmental service to continue.
- Attend Drug awareness session on the 14th March & then review next steps

SSE Wing:

- Group 4 training; Youth coming to inspire group 4, plans to be developed by June and implemented in the 2nd half year.
- Sai Parenting; Gurus to be trained by August then to be implemented to the parents.
- Continue integration with centre with all wings.

Youth Wing:

- Bridging the gap between group 3&4 by means of study circle, mentoring and activities such as football.
- Integration of Youth and adult; plans by midyear and implement where possible.
- Youth to support regional seminar.

See Page 12 for the Gujarati translation of this article.

Love all,
Serve all.

There is
only one
religion
love.

What



is



There are two types of love.
The first one is when you love
someone from your heart.



The second one is other
types of relationships
such as friendship
There are some exam-
ples below:

Caring, sha-
ring, &
kind-
ness.

Love is
giving &
forgiving.

In love
you have
trust
to each other.

By
ShivanKaya.

રીજન ૪ એક્ટીવ વર્કર કોન્ફરન્સ ૨૦૦૪ (પદેશ ૪ પ્રવૃત્ત કાર્યકરોની સભા)

રીજનલ (પ્રાદેશીક) પ્રવૃત્ત કાર્યકરોની સભા ૨૯ ફેબ્રુઆરી, બ્રોડવે સ્કુલ, બમીગહામ ખાતે ભર હતી. જેમા, રીજન ૪ મા સમાવિષ્ટ થતા દરેક સેન્ટર અને ગુપોના સભ્યોએ હાજરી આપી હતી.

આ સભાનો મુખ્ય હેતુ હતો, નેશનલ કોન્ફરન્સમા ચાલુ વર્ષના કાર્યની યોજના ઘડી હતી તે ગે ચર્ચા-વિચારણા કરવી. આ એક એવી સભા હતી, જ્યાં સભાસદો સાથે મળી કાર્યની રૂપરે અંગે વિચાર-વિમસ કરે.

સભાસદોના થોડા મુદ્દાઓની રૂપરેખા નીચે પ્રમાણે છે.

- આવી સભા વ્યક્તિને એક બીજા સાથે મળી વાતો કરવાની તક આપે છે.
- પૂર્વ યોજીત કાર્ય અંગે ચર્ચા-વિચારણા કરવાની તક આપે છે.
- સંસ્થાનુ કાર્ય કેવી રીતે અમલમા મુકવુ તે અંગે વિચારવાની તક આપે છે.
- આ સભા સંસ્થા અને ગુપોને તેમના ૨૦૦૪ અંગેના યોજીત કાર્યોની આખરી રૂપરેખા ઘડવ તક આપે છે.
- આ એક એવી સભા છે જ્યાં સમકક્ષ વ્યક્તિ મળી સુંદર અનુભવોની અનુભૂતિ કરે છે.

આ દિવસનુ મુખ્ય કાર્ય હતુ.....

સેન્ટર (સંસ્થા) અને ગુપો વચન પ્રમાણે શિક્ષણવિભાગ, સેવાવિભાગ, આધ્યાત્મીકવિભાગ, યુ વભાગ, અંગેના કેટલાક કાર્યોની રૂપરેખા તૈયાર કરવી એ અંગેનો નિર્ણાયક દિવસ હતો.

વધારે માહિતી ઈન્ફોર્મેસન ડેસ્ક ઉપરથી (માહિતી ટેબલ) મળશે.