



IMPORTANT NOTICE

The present Centre committee is coming to the end of its term. If you would like to join the committee or like some more information, please see the volunteer on the Information Desk.

Jai Sai Ram

Forthcoming events

Photography Workshop Pt.1
5th December 2004
Soar Valley College,
Leicester.
10.30 to 12 noon.

Photography Workshop Pt.2
12th December 2004
Soar Valley College,
Leicester.
10.30 to 12 noon.

Christmas Celebrations
25th December 2004.

**National Office Bearers
Conference**
29th January 2005

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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

Baba's 79th Birthday Celebrations

This year we decided to celebrate Swami's birthday over two days. On Sunday 21st November a number of service activities were arranged for the devotees, consisting of service at residential homes and at a nature reserve.

Curtis Weston Home, Wigston

A group of about 40 members, young and not so old, went to Curtis Weston Home, to provide some entertainment to the residents. It was a beautiful programme of dances by the children, games by the youth and a stick dance (otherwise known as raas garba) by the ladies. The programme ended with some light refreshments for all and a chance to talk and enjoy the moment.

John Calvert Court, Beaumont Leys

About 30 members of our Centre went to the home with a varied programme of games and dances. The programme consisted of a welcome dance, games, raas garba, pass the parcel, bingo and a sing along by the youth. All the guests enjoyed the programme and wanted to know when we can do another one!

Fencing at the Nature Reserve, Oadby.

A group of about 20 brothers and sisters covering the SSE, youth and service wing made their way to the Nature Reserve in Oadby at around 1.45 p.m. Gavin, from EcoEnviron (who was to direct our efforts this afternoon) met us and kitted us up with Wellington boots and gloves. Now protected from the elements, we eagerly headed through the wet, muddy grass for some "fencing". Most of us thought that we were going to put up some fences! In fact we were to take down the wired-fencing, the wooden support posts, cut-back and clear up the surrounding areas of overgrown areas of overgrown trees and bushes.

The youth bashed the posts' loose with the big heavy mallets, the SSE children cut the wired fence and the adults pulled it out of the ground and piled it in one place.

Working in small teams everyone's muscle power helped progress along the fence rapidly and after just over an hour the main section was removed. This was allowing for posing for photos and Vinodbhai's cheerful teasing and mis-chief. It was time for tea! (more like a picnic – thanks to all who prepared it).

Gavin commented "how impressed he was with how well and fast we worked." There was still enough time to remove some really "heavy-weight" fencing, which was duly cleared just before 4:00 p.m. and still daylight.

Everyone enjoyed the afternoon and look forward to another similar opportunity, hopefully sooner rather than later.

You can also visit our website for information and news about our centre:
<http://www.LeicesterSaiCentre.org.uk>

Thought for the Day 23rd November 2004

I must ask you to give me as a birthday offering only one thing – reduce your selfishness; abate your wrong desires, Foster your spirit of sacrifice and become noble human beings. The Avatar (Divine incarnation) comes to save mankind out of His Love and Compassion. He comes down to the level of man and arouses the Divine Consciousness in him. In order to enable you to reach the highest goal of merging with the Absolute, this chance has been granted to you as a reward for merit acquired in many previous lives.

Baba

79th birthday celebrations at Ram Mandir on Tuesday 23rd November 2004.

Devotees gathered in the morning at Ram Mandir to celebrate Swami's birthday. The programme started at 6.15 and consisted of 21 om kars, Suprabatham, Group Devotional Singing, artti and breakfast. The evening programme started at 7.30 and consisted of vedam chanting by the youth, SSE children and sisters of the Centre, Group Devotional Singing, talk by Dr. Dhirubhai Gadhia (see blow), artti and cake.

Dr Dhirubhai Gadhia's speech on 23 November 2004

Swami showered special blessings on us by sending Dr Dhirubhai Gadhia to deliver his Divine message.

Dr Gadhia related from his experiences of how Bhagwan knows everything and takes care of everything.

One such occasion was on Janmastami when Swami materialised a statue made from sandalwood. The hall full of devotees wondered whom Bhagawan would grace with this gift. Was it to be one of the few close long serving devotees or one of the 4000 present for Divine proximity. Swami spoke '*Can anyone who has a son born on Janmastami please stand up*'. Only Laxmidas Badhir qualified for this out of all those present, she duly received Baba's grace. The point is that Baba used the criteria that only she would match because He knew that no one else present would be able to match it. **Swami is all knowing.**

One summer in India a devotee suffering from throat cancer asked Dr Gadhia whether Baba could truly cure his cancer. He was told yes! But that he would have to perform namasmaran sincerely. This devotee went to his room and started namasmaran continuously for 12 hours. Baba appeared before him, brushed his throat and declared that his cancer was cancelled. **Swami cares.**

On one occasion of the Dasara Festival 200 Pujaris who were very learned about the Vedas, indeed considered foremost experts, performed a Yagna. Just before Baba was to perform the closing ceremony, He turned to them and said I have not asked anyone to bring so much as one betel nut as an offering. What I would like you to offer is your 'bad qualities' and commit to transformation.

5 reasons Bhagwan has come amongst us.

- Sages and Saints' prayed for it
- To further the Vedas teachings
- Save mankind from the abuse of science and technology (wars/weapons) through the power of Love
- Unite all religions
- Make us aware of our Divinity

3 ways to achieve it.

- Namasmaran – keep the name of God on our lips.
- Atma-Shuddhi – Purify ourselves by practising the 5 values always.
- Narayan Seva – selfless service.

This is the birthday present that Baba wants from us. Take Sankalpa today to increase Bhakti and transform. Take a vow or pledge to change your bad qualities. Work on one quality at a time. If you do this, you will receive Bhagwan's grace.

Dr Gadhia ended with a favourite bhajan of Swami's ' Shiva Shiva Shambo Maheshwar Giridhar'



Akhand Bhajans

Why Akhand Bhajans?

Devotees all over the world conduct akhand bhajans on a specific date for 24 hours as per Swami's instructions. It is the *universal* satsang set at the same time, same date and the same day.

A Polluted World

Embodiments of Divine Love! It is impossible to describe the sweetness and sacredness of the Name of the Lord. The intensity of the devotion with which you chant the name of the Lord will yield commensurate benefits and confer joy on you. All should strive to chant the names in unison. Today, all the five elements in the world; space, air, fire, water and the earth are polluted. You cannot get pure water or pure air. The sounds you hear are impure. The earth is polluted. "The truth is that life is like a tree where the various mental vikaras or passions like anger, greed, hate and jealousy are the birds infesting and contaminating our hearts and robbing us our peace and joy. Chant the Divine Names with love and rhythm: Rama, Krishna, Govinda and Narayana". These birds of evil vikaras infecting our minds and plaguing our lives will get fright and fly away. Hearing even names of ordinary, material things like "fire! snake! Or lemonade!" causes strong reactions in our minds. How much more strong and subtle would be the effect of uttering or hearing the name of Sareshwara, who is the creator and supreme Lord of the universe?

The Kali Yuga has become "**Kalmasha yuga**" (the age of impurity). The only way to purify this entire world is by chanting the names of the Lord. The recitation of the names of the Lord will help to purify the atmosphere as a result of the sacred sound waves. The power of sound waves is evident from the way radio waves are transmitted and received over long distances. The chanting of the Divine Name can purify the atmosphere that has been polluted by impure sound waves. In the same manner, evil thoughts arising in the mind should be diverted and it should be filled with Godly thoughts by reciting the Divine Name. Everyone participating in bhajans should sing the name of the Lord and thereby serve to purify the atmosphere and promote the well being of the nation and the whole world on the Akhand Bhajan.

Akhand Bhajans at Ram Mandir by the Groups and Centres of Leicester and Nottingham



This year Akhand Bhajans were conducted for 24 hours from Saturday (13th November) to Sunday (14th November) by the centres and groups of Leicester and Nottingham. The uniqueness of this year's Akhand Bhajans was that we had groups from other faiths who joined us during the 24 hour session, namely; Sikh Community, Muslim Community, Fellowship of Jesus Christ, Swaminarayana and the Jain Community.

To quote an active young worker:

*When I entered the superbly decorated hall, I felt so peaceful and calm as though I was in Prashanti Nilayam itself. I thought to myself that bhajans was a wonderful way to start the New Year with the presence of our Beloved Lord. It was very inspiring to see the other faiths expressing their love for God, as Swami says "**there is only one religion the religion of LOVE**".*



National Office Bearer's Induction Day – Saturday 23 Oct 2004 at SVC Leicester

Office Bearers' from across the UK gathered at Soar Valley College, Leicester on Saturday 23 Oct 2004 for an induction day on organisational matters.

Our UK Council Chair, Phil Heaton began the day. He chose to speak about 'dealing with change' because we have 9 change processes currently taking place within our organisation and that we should be aware of the mechanism of a change process.

The changes happening in the UK covered the areas of Legal, SSE/Youth integration, Sai Oriented Centres, SSEHV programs, Nation building projects, Unity, Purity & Divinity theme, National projects, Communication and Educare.

He added since 'Change is the only constant' and that we are able to control change internally but only manage it externally, it is important for anyone putting through changes to recognise this.

Speakers from different regions made presentations on the following areas:

- Continuity within the organisation – how to ensure effective hand-over and emergency procedures.
- Finance – importance of the need for transparency and accountability.
- Public Relations – a team was formed in Aug.2004 to deal with this much specialised area.
- UK National web site launched on 1st Nov 2004. Everyone should have a look at it.
www.srisathyasai.org.uk
- To be launched on 23rd Nov 2004 is 'Sathya Sai Human Values Network' www.sshvn.org.uk this has been described as a 'virtual study circle' for members to raise and discuss issues about Human Values. Please visit it.

We were treated to an enlightening talk about the 'bearers' of Divinity' by Rosemary Parry (Region 6). She used the acronym GANESHA to help us remember how we should behave constantly.

G is for Good manners. Reach out and put all people at their ease.

A is to Always exude confidence.

N is to Never stop listening

E is to know the Everyone is Divine.

S is to Speak Softly and to Smile!

H is to connect at the Heart level with everyone we meet.

A is to act as the Avatar's Ambassador.

A brief overview on effective team - work was addressed by Phil since it is important in all our activities.

To close the morning session Jamie Raju (Youth Co-ordinator, London) posed 3 very thought provoking situations that did/can occur at our centres to illustrate how we would cope with them whilst keeping our 'Unity in Diversity' commitment.

After a lovely meal prepared and served by Region 4 Centres and Groups, the afternoon session took the form of a workshop. Perminder Dhillon explained the idea of 'Inclusiveness' and she encouraged a 'Love All Serve All' attitude to help us with this.

Brother Srikant then provided some very useful management techniques and memory joggers to help us in our duties. He categorised 3 types of people.

- Those who **make** things happen
- Those who **watch** things happen
- Those who **ask 'what'** happened

Which are you?

The enlightening and enjoyable day ended with Aarti and prasadam.

Jai Sai Ram

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Family Gathering for Everyone An Invitation to ALL Sai devotees of Leicester

Sai Ram All

We have organized a fun filled evening for all families to come together as ONE. This invitation is open to All, from all centres and groups.

The evening will be filled with fun, games, guest speakers, entertainment and food. All you have to do is come along and enjoy the evening in the company of Swami and our family.

The details are below:

Venue: to be confirmed

Date: 18th December 2004

Time: 7pm to 10pm

Please accept this as a personal invitation to this family gathering.

So come along, bring your family & friends, and we promise it will be an evening to remember!

Did you enjoy eating the birthday cake on Swami's 79th birthday? Would you like to know the recipe – **YES**, well here it is:

Eggless Fruit Cake

Ingredients

27oz Supreme sponge flour
(MacDougal's)
12 oz butter or margarine
3 tins condensed milk
3 teaspoons baking powder
18 fluid ounces water
3 teaspoons vanilla essence
12 oz luxury mixed fruit

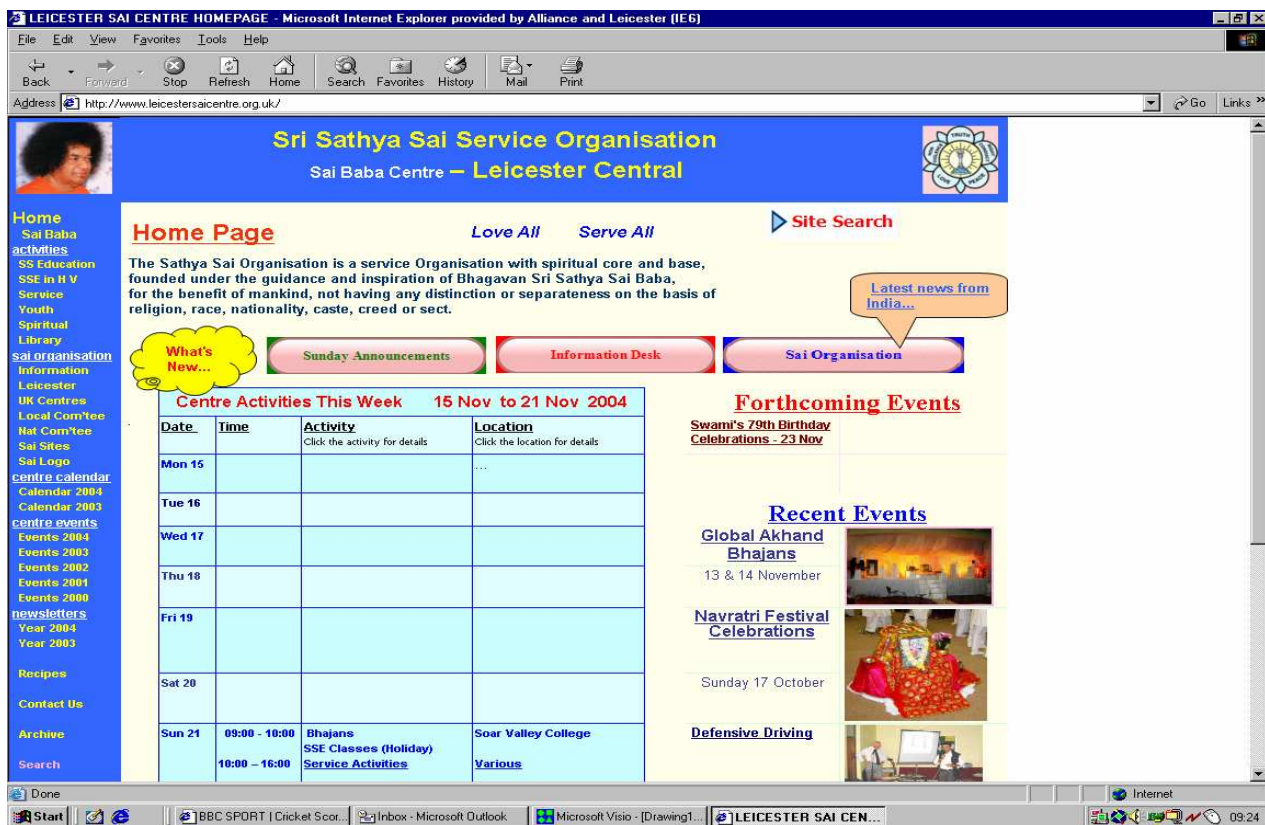
Method

Preheat the oven
Line and grease a 12 inch square cake tin
Sieve flour and baking powder together
Add remaining ingredients and beat well until completely blended
Turn into the lined tin and cook for 1 hour on gas mark 4
Do not open the door for the first 45 minutes

The cake will be cooked when a knife inserted into the mixture comes out clean. If it is not done, cook for a further 15 minutes.

When it is cooked and turn out onto a cooling rack, removing the greaseproof paper - do not leave this in the cake tin.

Website Address: www.LeicesterSaiCentre.org.uk



Some of you may be aware that Sri Sathya Sai Service Organisation has various web sites, some official, some unofficial, but all of them containing news about Swami and the Organisation. The UK Organisation has recently updated their site - you can see it at www.srisathyasai.org.uk

Many of you are also aware of our Centre's site – www.LeicesterSaiCentre.org.uk. This site contains details of our Centre's activities and events throughout the year and updated frequently to include the most recent information. So get up to date by regularly visiting it. A variety of interesting areas are included on the site, e.g. how we celebrated Akhand Bhajans this year, weekly activities at the Centre, our Centre Calendar, Sunday Announcements – in fact the site has many items of interest to us all. This is just the start and we will be adding new items regularly so continue surfing!

Those who do not have a PC at home can access the Internet at local libraries. In addition, we have many members in our Centre who will willingly help you with accessing the Internet, at your home or at the volunteer's home if you do not have a PC (or in fact, help you with any computer-related activity).

Now we need some help from you – please have a look at the site and let us have your comments on how we can make the site better. Next year we plan to enhance it further and we would love your input to this process. See Rohitbhai or Janak in the first instance.

Sai Ram.