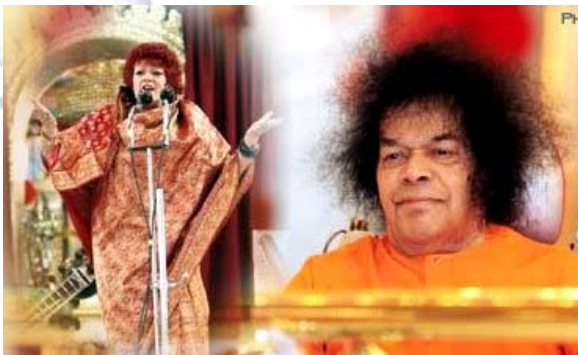




Love All, Serve All **February 2010** **Help Ever, Hurt Never**

"I have come to light the lamp of Love in your hearts, to see that it shines day by day with added lustre. I have not come on behalf of any exclusive religion. I have not come on a mission of publicity for a sect or creed or cause, nor have I come to collect followers for a doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this unitary faith, this spiritual principle, this path of Love, this virtue of Love, this duty of Love, this obligation of Love". - Sri Sathya Sai Baba



Sing with Dana Gillespie

Calling all Youth who would like to join the National Pilgrimage Youth Choir. We have been asked to prepare some offerings for Swami, should the opportunity arise in August...

[Read more below](#)

Other Stories This Issue

- 2010 National Conference
- Young Adults Programme
- SSE Carousel
- Tree Planting
- Regional News
- Phyllis Krystal in UK
- New UK Central Council
- Diary Dates 2010



Face 2 Face with the National Chair

We are pleased to launch, on Saturday 20th February, a series of monthly meetings or surgeries with the National Chair. The aim of these monthly meetings are to give you, the devotees, an opportunity to have your say...

[Read more below](#)



Message from New National Chair – Shitu Chudasama

Newly appointed National Chair for 2010, Shitu Chudasama, gives his inspiring vision for the Sri Sathya Sai Organisation (UK) and milestone year of Swami's 85th Advent year. His talk given at the National Conference was all encompassing which you can read in full detail below.

[Read more below](#)



Sathya Sai Leadership Training Programme - Module 3

On the 23rd January the Sri Sathya Sai Leadership Training Programme (SSLTP) held its third module, Thought Leadership, at the Goldsmith Community Centre in London. The module explored the communicative effects of ...

[Read more below](#)

We are pleased to launch, the National Pilgrimage website and communication platform



www.nationalpilgrimage.org.uk

This site will not only act as our e-registration platform, it will also assist us in communicating information on the National Pilgrimage to you. In order to join the Pilgrimage you are now required to fill in the e-registration form on this platform. Those devotees who do not have access to the website should contact their Centre Chairs. Once devotees register their details, a notification will be sent to your respective regional chair who in turn will be required to approve all individuals. Once you have completed the registration process, you will have full access to the site.

Closing date for all registrations: 27th February 2010



Dear Love & Light Readers,
Sai Ram !

Welcome to our new Love & Light newsletter.

I hope you will find the February issue informative and helpful as we launch into this sacred year of Swami's 85th Birthday.

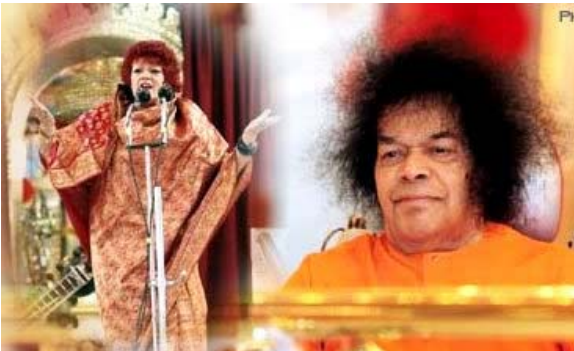
For those of you who attended the National Conference last month you will have heard me talk at length about my vision for the future and how we can drive this Organisation to even greater heights of spirituality. This can only be achieved if we work together in unity and harmony "involving all and evolving all".

We are living in exciting times and in the coming months and years you will bear witness to a new spiritual renaissance of thinking, attitude and feeling within the Organisation. This spiritual renaissance has already begun and the coming year is packed full of wonderful and unique opportunities to transform ourselves: we have the National Youth Conference, all the various facets of the National Pilgrimage in August and then again in September culminating with the IX World Conference and Swami's 85th Birthday in November. There is something for everyone and I hope you will join us in making this year special by not only participating in all the celebrations but more importantly by spiritually transforming yourselves and bringing Swami closer to your hearts.

I wish everyone an auspicious MahaShivatri and "Gung Hay Fat Choy" (may prosperity be with you) to all of our Chinese devotees for the coming New Year.

Shitu Chudasama
National Chairperson

Sing with Dana Gillespie National Pilgrimage 2010



Calling all Youth who would like to join the National Pilgrimage Youth Choir. We have been asked to prepare some offerings for Swami, should the opportunity arise in August. Famous Blues singer and actress, Dana Gillespie, has kindly offered to co-ordinate a Musical Youth Choir. All youth, who have an interest in singing or any talented youth musicians are invited to join. Dana Gillespie has had an illustrious career in the music and film industry and is now an ardent devotee of Swami. She has sung in Prashanti countless times on Swami's Birthdays. Despite her gruelling travel schedule, going around the world singing and performing at concerts, Dana is looking forward to working with the Sai Youth of UK. Our Sai youth are in for a spiritually uplifting and amazing experience working with Dana Gillespie.

Rehearsals in Region 1(London - South East & West), will commence from:

Saturday 13th February

10.00am-4.30pm

Sai Mandir, 131-133 Effra Road, Wimbledon, London, SW19 8PU. (Prashanti Dress code)

If you are interested in joining please send your confirmation ASAP to ritashitu@hotmail.com or 07967 372 128 to assist us with catering.

Face 2 Face with the National Chair

We are pleased to launch, on **Saturday 20th February**, a series of monthly meetings or surgeries with the National Chair. The aim of these monthly meetings are to give you, the devotees, an opportunity to have your say, get more involved or simply just meet the National



Chair and National Vice Chair in an informal and relaxed atmosphere. We firmly believe that this Sai Organisation is your Organisation and therefore you too should have the opportunity to help shape its future. The day will be

divided into a series of slots, each consisting of a minimum duration of 45mins (depending on the issue and schedule). The outcome of these meetings will then be shared at the UK Central Council meetings or directly with the Regional Chairs (depending on the confidentiality of the topic), for further discussion, implementation or finding a solution. I hope this will further highlight our commitment to help you do your

jobs more effectively and assist you in becoming custodians of your Organisation.

To book a slot on **Saturday 20th February**, kindly contact **Rita Chudasama: 07967 372 127**.

Tree Planting (Coombe Country Park, Warwickshire)

For the small army of horticulturalists and nature lovers scattered across Region-3 (London - East & Central) & Region-4 (Midlands), the chance to go tree-planting was not one to be missed – a chance to return to the soil and meet lost friends. It was clear from the quiet



excitement on the coach, that this would be a day to remember. Growing up in East London, for many of us, the environment extended no further than the concrete jungle called home. Yet on arriving in the heart of rural Warwickshire, Region-4 (Midlands) country, we could not help feel a strange connection to this foreign land. Somewhere amidst those saplings of oak and horse chestnut, we found a freedom quite unlike any other. Like caged birds that had been freed, our spirits soared high into the winter sky. By



lunch we had planted over a hundred trees – each to the tune of the Gayatri, so that they would grow bountifully and give shade for generations to come. It was a humbling moment. These trees would see more than we could ever see in a lifetime. Indeed they would outlive us all, and yet there for a moment our lives were intertwined. For a moment, we understood what Bhagawan had been trying to say all along. We were part and parcel of all this manifestation. With that comforting thought, we worked tirelessly on, clearing hedgerows and a spot of tree-hugging where time permitted. After an honest day's work, we left in the hope that we would return again. After all, this is where real spirituality begins - in the company of nature.

by **Thanusan Gunabalasingam**

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



On Friday 22nd January, Region 1 youth congregated for their monthly Young Adult Programme (YAP) at the Sai Mandir in Merton. Guest speakers were Mathan Arulvel, National Youth Co-ordinator and Shitu Chudasama the National UK Chair/International Youth Co-ordinator and Rita Chudasama. Just under 50 youth attended from Regions 1, 2, 3 and 6. The session commenced with an introduction of what YAP is and a summary of the last 8 sessions following its re-launch in May 2009. This was then followed by an icebreaker activity, with key message of being a positive person. Information about the 3 day National Youth Conference taking place in April was then given. Shitubhai shared his experiences of meeting youth across the globe in places such as Latin America, Russia and the Far East and how the youth there were no different to the youth in the UK. "All have the same Love, Enthusiasm and Dedication and all go through the same difficulties and challenges".

An open forum discussion then took place with Mathan, Shitubhai and Ritaben as the panel, sharing their experiences and giving advice to a wide range of questions from the youth on topics such as; seeing God in everything, why Swami puts importance on the youth wing, losing connection with God and how to re-tune and also the pilgrimage in August.

Mathan Arulvel then spoke more on UK Plans for youth wing in 2010 and closed with a Summary of the evening, leaving the attendees hungry for more...

If you would like more information on YAP or give suggestion to topics that can be discussed, please feel free to send an email to region1saiyouth@hotmail.co.uk

by **Shyam Jamnadas**
Region 1 Youth Co-ordinator

Sathya Sai Leadership Training Programme – January 2010 Module 3 – Thought Leadership



On the 23rd January the Sri Sathya Sai Leadership Training Programme (SSLTP) held its third module, Thought Leadership, at the Goldsmith Community Centre in London. The module explored the communicative effects of one's thoughts. Candidates explored the use of intelligence in a discriminatory fashion to help them think things through striking a balance between the head and the heart. Thought leadership requires a spirit of generosity – generosity of one's time, intelligence and knowledge. Just some of the skills which the SSLTP aim to foster in the candidates.

We were also very fortunate to have with us our National UK Chair, Shitu Chudasama who addressed the candidates and the SSLTP Coordinating Committee. In his speech Shitu shared his experiences with Swami and outlined his vision for the Organisation.



by **Deviesh Tankaria**
(SSLTP Coordinator)

National SSE Teacher Training & Refresher Course

Saturday 6th March 2010
Time: 9.00am ~ 4.30pm
Venue: Sathya Sai Centre, Narborough Road, Leicester, LE3 0BT

The SSE carousel training day will take place on Saturday 6th March 2010. It is open to all who wish to attend, in particular SSE teachers, teaching assistants, classroom assistants, those who wish to participate within the SSE wing and those who wish to develop their skills and knowledge further. An array of topics will be

provided to enhance knowledge, personal development and teaching skills. The aim of the day will be to:

- To provide a forum for teachers throughout the UK to convene and select specific options relevant to their own training needs.
- To provide a broad spectrum of needs based Sai Spiritual Education training.
- To provide an opportunity to network, learn from and share good practice with fellow SSE teachers.

A wide variety of choice is offered comprising of 8 day sessions and 8 half day sessions as requested by previous carousel training participants, other teachers and Regional SSE Coordinators.

Topics to be covered will include:

- Effective teaching, recitation & meaning of Bhaja Govindam
- Effective teaching, recitation & meaning of Bhagwat Gita Slokas ~ Teaching selected verses - Group 2
- Effective teaching, recitation & meaning of Bhagwat Gita Slokas ~ Teaching selected verses - Group 3
- Effective teaching, recitation & meaning of Prayers within Groups 1 & 2
- Basic Teacher Training ~ understanding and using the 5 teaching techniques to deliver a SSE lesson
- Teaching effective silent sitting & meditation and the use of resources
- Sharing resources towards the effective facilitation of the LOTUSS Programme
- Effective use of multimedia in SSE teaching.
- Sharing resources towards the effective teaching of Unity of Faiths
- Ideas to hold the attention of Nursery & Group 1
- Linking SSE with developing self esteem and confidence in children
- Teaching towards Group 3 Year 2 & 3 Projects & handling SSE Examinations
- Creative use of music within SSE
- Sharing resources towards effective lesson planning
- Sharing ideas & resources to motivate the older students within SSE
- Writing & producing play scripts for use within class & assembly

There is something for everyone's specific training or personal development needs. For registration forms and further information please contact your Centre Chair and SSE coordinators.

by **Lakshmi Puvanendran**
National SSE coordinator

3-day Seminar with Phyllis Krystal



Theme: 'How do we live our changeless Reality in an ever-changing world?'

Dates:	Friday 14th, Saturday 15th, Sunday 16th May
Times:	10.00am - 4.30pm daily
Venue:	Tormaline Hall, Grange Village, Littledean Road, Newnham-On-Severn, Gloucestershire, GL14 1HJ (part of CampHill Village Trust for Adults with Learning Disabilities and other Special Needs)

All welcome (irrespective of age or faith).
To register attendance please email:
phylliskrystalseminar@saiyouth.org.uk.

Region-4 (Midlands) Activities

This year being Swami's 85th year of Advent as well as 70th year for declaration of Avatarhood is a very busy year in the Sai Calendar as well as for Region 4. Starting with Shivaratri Celebrations throughout the region will include Rudram Chanting, Abhishekams and Group Devotional Singing, bringing everyone together on the night of Shivaratri focusing on the Almighty Lord.

This year out of His Infinite Love, Beloved Swami Has called all countries, and our turn as UK is in August this year. Part of the preparation is to have 4 Regional Sadhana Days and 1 National Sadhana Day, the first Regional date is 13th March 2010. They are an opportunity for all attending to bond as a group and to develop a single vision and focus on Swami so that we all go as one. It will also provide information for those travelling for the first time and to listen to experiences and discuss Swami's Teachings.

On Easter Sunday, we are planning to get together as a Region and celebrate Swami's

Easter Message. This will also give us another opportunity to come together at Sathya Sai Centre, Leicester.

Following on from the successful Sumer Course in 2008 and the 3 National Youth Satsangs, we have our National Youth Conference in April 'The rising generation: Living the Sai Ideal'. The purpose of the meeting is to get all the youth from the UK together and to focus on Swami and His Teachings.

Other events in Region 4 include, Health Awareness Day (23rd May 2010), First Aid Training (20th Feb 2010), Food/Hygiene/Fire Marshall Training and Spiritual Awareness Day (May 2010). As well as the regular activities such as Global Service Days, Gayatri Mantra Chanting for peace in the world and service activities at Sathya Sai Centre, Leicester.

by Ketan Gokani

Region-1 (London - South East & West) Christmas Celebrations:

On a very cold winter's night, the Sai family and friends of Region 1 gathered to celebrate the birth our Lord Jesus Christ, hosted at Wimbledon Sai Centre. The evening began with an ensemble of Bhajans, sung and accompanied by the youth and SSE children. This was followed by a heart-warming, "high-school musical" style, adaptation of the traditional nativity story, entitled "Blanket for the Baby." Presented by the SSE children of Wimbledon Sai Centre

Our guest speaker, Reverend Rosemary Perry provided an enthusing and insightful talk, drawing the parallels between Lord Jesus and Swami. Based upon the principles of "Two Masters, One Message", she narrated how Jesus walked the Earth to give mankind a message, through parables, that would show them the way to the Kingdom of God. She highlighted that today we have our Swami, who once again walks the Earth to show us the way to His Kingdom; providing us with the same message.

Following this, the SSE children of Merton Sai Centre, performed their own version of the Nativity story; narrating the obstacles that Mary and Joseph encountered on the night of the birth of Lord Jesus.

The evening was rounded-off with traditional Christmas carols and Bhajans performed by the LOTUSS students of region1, and, much to our delight, Santa and his reindeer, even managed to pay a quick visit, bearing Christmas gifts for all! Thanks to our Beloved Swami, the hard-work and support of the SSE teachers, parents, children and youth, provided a wonderful evening to share the spirit of Christmas!

by Abi

2010 Annual National Conference: *The Sai Ideal... I am God and You are Also God.*



On Saturday 30th January, the Sathya Sai Centre in Leicester, hosted the 2010 Annual National Conference. The day was packed with inspirational speakers, a play by the children of the Sathya Sai School and an opportunity for the devotees to see and experience the Sathya Sai Centre after its acquisition last year. Just over 450 devotees attended the Conference from all corners of United Kingdom.



Brief extracts and highlights from the talk delivered at the National Conference by our National Chair, Shitu Chudasama

“Be a feather on the breath of God”

It is with deep reverence, humility and honour that I take on this role to serve you as National Chair of United Kingdom. My comfortable world was turned up-side down on 27th November, when I received communication from Prashanti that Swami himself had appointed me and was sending his special blessings and approval to lead UK during this important year.

My focus over the next 2 years will be on the devotees. For me the Organisation is much more than bricks & mortar, the number of projects we

do or the roles we hold. For me the Organisation is about the people. For me the Organisation is our Mother, she holds the family together and handholds us to learn from the teachings given to us from God, then she guides, guards and finally gives us the confidence to walk the road that leads us to God. The Centres and Groups are the life blood of this Organisation. Without you there is no Organisation. That is why it is our duty, as officers of this sacred Organisation to serve you, to become your servants empowering you to achieve your goal.

Highlights of National initiatives for 2010:
Monthly 1-2-1 Meetings with the National Chair
Working closely with the Sai Students
Mentoring and working closely with the National SSE and Youth Wing
Working closely with the Sathya Sai Leadership Training Programme (SSLTP)
Greater Unity between all devotees and office-bearers

On 14th January 2010, I made a promise to Swami:

- To serve you to the best of my ability with love, humility and devotion
- To support and help the centres
- To give the children of this organisation a brighter future in the years to come
- To give the Youth some hope and train them so that they are not only equipped to take on the reins but also give them an opportunity to serve now whilst the Avatar is walking the earth
- To welcome back within the fold, within the family, within our hearts, All past office bearers and senior devotees, those legends that served this organisation selflessly and dedicated their all. I want to bring them back from retirement, from that forgotten place. All have a place and a part to play in this organisation.
- To unite and welcome all factions, all groups, all individuals that continue to work outside of this Organisation irrespective of their reason. Now is the time we must all unite.
- & finally make Swami proud that we are listening to him, loving him and serving him until the end

A dear soul taught me a very important lesson which has been etched in my heart. It was the lesson expounded by Hildegard of Bigen, a Christian mystic from the middle ages, who taught the lesson that we should be a feather on the breath of God. Let us all become a feather on the breath of Swami, let him take you wherever he wants you to be and whatever he wants you to do and say.



New UK Central Council 2010

We are pleased to inform you that effective from Thursday 14th January, the new UK Central Council tasked with looking after the activities of the Sri Sathya Sai Service Organisation (UK) during this milestone and epic year of the 85th Birthday of Sri Sathya Sai Baba is:

<i>UK Chair</i>	<i>: Shitu Chudasama</i>
<i>UK Vice Chair</i>	<i>: Mel Griffin</i>
<i>UK Secretary</i>	<i>: Ram Thiagarajah</i>
<i>Region 1 Chair</i>	<i>: Raj Rajsingam</i>
<i>Region 2 Chair</i>	<i>: Kavita Trivedi</i>
<i>Region 3 Chair</i>	<i>: Gurmail Singh</i>
<i>Region 4 Chair</i>	<i>: Ramesh Mistry</i>
<i>Region 5 Chair</i>	<i>: Dr Harish Thampy</i>
<i>Region 6 Chair</i>	<i>: Bahnoon Agnew</i>
<i>Region 7 Chair</i>	<i>: Nirmala Pisavadia</i>
<i>Region 8 Chair</i>	<i>: Som Bahanda</i>
<i>Nat. SSE Co-ordinator</i>	<i>: Lakshmi Puvanendran</i>
<i>Nat. Spiritual Co-ordinator</i>	<i>: Jey Sivaloganathan</i>
<i>Nat. Service Co-ordinator</i>	<i>: Kirti Patel</i>
<i>Nat. Youth Co-ordinator</i>	<i>: Mathan Aruvel</i>

We would like to wish all outgoing, incoming and continuing members the very best of luck. My Swami bless you all in your new roles and new lives.

Region 2 (London - North East & West) Forthcoming Events & Activities

Activities this month will involve Centre visits by the R2 Executive Team to disseminate the information received at National Conference and, where required, to assist with online registrations for the Pilgrimage. The Sadhana programme is already being announced and implemented.

Regular vedam chanting and vedam classes are held at Sai Centres - Harrow East and Greenford. Later this month, Sai Centres at Harrow West and Wembley are proposing to start vedam lessons for their centre members. In addition to this, the Regional Spiritual co-ordinator is working closely with the National Spiritual Wing to facilitate and help vedam chanting classes at regional level for all Region 2 centres and groups. Four Region 2 Sadhana meetings are proposed - one during each month - March, April, May and June. Dates and venues are still to be confirmed. The first of the Sadhana meetings will be held in March in conjunction with the R2 Regional Conference 2010.



Regional Maha Shivaratri celebration is being held on 12th February 2010 at Heston Community Sports Hall, Heston Road, Hounslow, Middlesex TW5 0QZ from 8 pm to 1 am. The programme includes pooja, abhishekham (offering of flowers and 'bilvaa' leaf by all individuals present) followed by group devotional singing.

Regular Service activities undertaken by the region include Food collection for Refugee Relief, Pret a Manger unsold sandwich collection for Mother Teresa Kitchen for the Homeless, supporting Age link, visiting nursing homes and serving at Mother Teresa Soup Kitchen for the Homeless.

Centres are focused on unity and co-operation. This month sees the merger of two of our older, esteemed centres - Watford and Pinner. All activities will now take place at Pinner, alongside

the other inspired landmark of co-operation, the joint Harrow East - Pinner SSE Classes.

by Region 2 Executive team

Youth conference April 9th, 10th and 11th

Dear Sai Youth

The next 6 months are going to be packed with lots of activities nationally, regionally and at centre level. You already know about the pilgrimage, the big event for youth is the youth conference taking place in April (9th, 10th and 11th).

As part of the 85th birthday offering to our Divine master and friend, Sri Sathya Sai Baba; youth all around the world have come together to organise conferences to explore Sai teachings, to inspire, motivate each other and to follow the Sai ideals. Here in the UK, the theme of the youth conference will be "The Rising Generation: Living the Sai Ideal".

The Rising Generation of youth are the future messengers of Sai, the future leaders who will set the example for generations to come. How we as young people understand and live the Sai Ideal will play a part in bringing about the great change in human consciousness that is happening now.

Sai youth are at the forefront of the divine Sai Mission to transform and raise the consciousness of the human race. Our elders have shown us the path of how to live to a high ideal with the example of their lives, and now it is upto us to carry on this mission into the next generation.

Inspirational talks, interactive workshops and a variety of activities will be presented by youth at the conference exploring the following subthemes:

Our Sacred Mother Earth
From Human to Divine Love
The power of positive thought

We are requesting all youth to register online via the weblink www.nyc2010.saiyouth.org.uk to confirm your attendance and to reserve your place. For those travelling from outside the midlands, we will be able to offer accommodation with local devotees. Please make sure you include this request in your registration.

We look forward to welcoming you in April.

With love,

by National Youth Conference Planning Team








Diary Dates 2010

MONTH	DATE	EVENT
February	12 th	Mahashivaratri
	13 th	Youth Choir Rehearsals with Dana Gillespie
	20 th	Face 2 Face with the National Chair
	27 th	1 st Quarter UKCC Meeting
	28 th	National Wing Meetings
March	6 th	SSE Carousel Training Day
	13 th /14 th	Regional Meetings
	20 th	UKCC Project Meeting
April	10 th /11 th	National Youth 2-Day Conference Jointly with Ireland
	24 th	UKCC Project Meeting
May	14 th /15 th /16 th	3-day Seminar with Phyllis Krystal
	16 th	National Spiritual Carousel Training Day
June	12 th	2 nd Quarter UKCC Meeting
	13 th	National Wing Meetings
	26 th /27 th	Regional Meetings
July	3 rd /4 th	Regional SSE Family Values Days
	17 th	UK Pre-World Conference – London "Sai Ideal Human Life" (whole day)
	18 th	UK Pre-World Conference – London "Sai Ideal Human Life" (half-day) TBC
	24 th	Guru Purnima
August	1 st - 9 th	National UK Pilgrimage to Prashanti



Websites

	<p>Sri Sathya Sai Service Organisation (UK) www.srisathyasai.org.uk</p>
	<p>Sathya Sai Bookshop (UK) www.srisathyasaibookcentre.org.uk</p>
	<p>BISSE (British Institute of Sathya Sai Education) www.BISSE.org.uk</p>
	<p>International Sai Organisation www.sathyasai.org</p>
	<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, Website: www.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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Data Protection Act 1998

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