

July/August 2009

SAI NEWSLETTER

O Canada, Our Home and Native Land!

Sathya Sai Baba emphasizes that man has important obligations to society in particular to one's Motherland. He stresses the importance of performing one's duty in society for the benefit of all. It is the society that can provide an environment and a foundation for people to grow spiritually more easily. Sai Baba's teachings on serving society are summarized in His "Ten Guiding Principles".

As we celebrate "Canada Day", let us focus on the first of the guiding principle which is, "*Love and serve your country. Do not be critical of others' countries*".

Sai Baba says, "Have a sense of pride in your motherland. Just as your mother has given birth to you, so too the land has given birth to you. Whatever country you belong to, you should have a sense of

patriotism. You should not indulge in criticizing other countries or people belonging to other nations. Having trust and faith in your own country, you won't try to put down any other country. Never bring grief or sorrow to your country. To have pride in one's own motherland is important."

We have appreciation for this place of shelter and comfort that we call home. We look around and count our blessings in being safe. Let's take a few moments each day to be appreciative for our immediate surroundings.

Let us also do whatever we can to assist those in our world who do *not* have a home. Let us be of service, to those who would love to have a more permanent place called home.

God keep our land, Glorious and Free...



AN UPDATE FROM OUR YOUNG ADULTS...

Young Adult programs are being established to encourage young adults to lead purposeful lives by learning and practicing spiritual values as defined and established by the life, message, and works of Sathya Sai Baba.

While juggling university, college, post graduate education & their budding careers, our Young Adult membership are extremely committed to and actively nurture the health and growth of the Young Adult Wing. Many of our Sr. Youth have transitioned with ease into becoming Gurus in the Sai Spiritual Education program and are also in leadership roles within the Education, Service and Young Adult Wings.

This year, our focus is on “Sai Leadership”. What does this mean...you may ask! Well, we have utilized our weekly meetings as a forum to examine the life and times of leaders (of our times) who have placed a great emphasis on the practice of human values. This includes President Obama’s leadership (of Hope with a “Yes, We Can” motto), and that of famous women... Helen Keller, Jane Goodall and Oprah Winfrey to name a few. We’ve also explored life application issues i.e. mentorship/career counseling, importance of time management and prioritizing, impact of drinking and driving, caring for women who are victims of violence and are impacted by other social issues, etc. Our Sr. Youth have conducted a series of workshops for nearly forty new and existing Gurus, coordinated the Centre’s annual family bowling event, hosted talk shows and are active supporters of many service projects i.e. Operation Christmas Child, preparation of care packages for our homeless friends, etc.

While we continue to grow as a team, we also focus on our own personal growth i.e. practice of the “11 second meditation” technique taught by Bhagawan Sri Sathya Sai Baba (during WYC 2007), recitation of the Gayathri Mantra (at least 9 times/day) and spend quality time with family.

Rotating leadership has allowed us to demonstrate skills in the areas of empowering, public speaking, organizing events and also working as a team. It’s been a great year for us!



Welcome to our Library

With the opening of the new centre building we have been blessed with a permanent home for our library.

The library aims to promote 'Regular Study of Sai Literature' which forms one of the Nine Points Code of Conduct.

Our current timings are as follows:

Sundays 9:30am to 11:15am
12:30pm to 1:00pm.

Over the last few months the library has acquired the following collection of books:

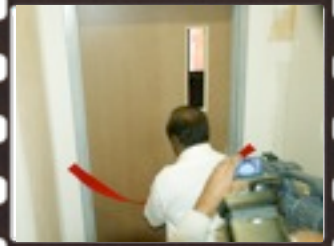
- Sathya Sai Speaks (Volumes 1- 40)
- Vahini Series
- Summer Showers in Brindavan
- Experiences of Devotees
- Bhajans
- Parenting
- Sathya Sai Education in Human Values (SSEHV)
- Major religions
- Childrens' value based books and comics

New Subscriptions and renewals are also available for Sanathana Sarathi (in English, Gujarati, Telegu, Tamil), Canadian Sai Newsletter , Bal Vikas Magazine and EHV Navasarathi.

Bhajan CD's and DVD recordings of special centre events and talks by guest speakers will be made available soon. A select number of books and CD's are also available for sale.

You are invited to submit book reports on any SAI (Spiritual, Aspirational, Inspirational) literature for the benefit of other readers. Thank You.

Please feel free visit the library and our volunteers will be happy to assist you.



CHILDREN'S PAGE

Did you know that:

- a country's flag represents a living country and is itself considered a living thing
- the flag should be hoisted briskly and lowered ceremoniously
- the flag should not be displayed on the days when the weather is inclement, except when an all-weather flag is displayed
- the flag should never touch anything beneath it, such as the ground, the floor, water or merchandise
- the flag should never be carried flat or horizontally but always aloft and free
- the flag should never be used as wearing apparel, bedding or drapery

Trivia - I AM Canadian!

1. How old is Canada?
2. Is Canada a biggest country in the world in size?
3. Who was Canada's first Prime Minister?
4. Name Canada's longest river
5. Which province is the biggest in Canada in size?
6. Which is the smallest province in Canada?
7. How did Canada get its name?
8. Name Canada's first national park
9. Name the 2 official languages of Canada
10. Is the word "God" mentioned in the Canadian national Anthem?

Email your answers to the Editor by August 1, 2009 to claim your prize. One winner will be selected.

**Celebrating 142
Glorious Years.**



**Happy Birthday
Canada!**

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