

SAI

NEWSLETTER

SEPTEMBER/OCTOBER 2010

BACK TO SCHOOL ISSUE!

ABC'S OF LIFE!

AVOID BAD COMPANY...

"Embodiments of Love! It is your foremost duty to keep your parents happy. If you want to keep your parents happy, you must tread the right path. I often observe that youngsters today, join bad company the moment they enter the school or college and continue to move about in the company of bad people. With the result, they cultivate bad qualities, resulting in bad behaviour.

Frequently they are not even aware of the subtle changes taking place in their behaviour towards elders, parents, teachers and society. They think that they are on the right track, since they are pursuing education in a good educational institution. The education they are pursuing may be good, but the core of their heart is polluted due to bad company.

Several bad thoughts emanate in their mind even at a young age. People often think that it is a natural phenomenon due to young age. I do not at all subscribe to this view. It is not a natural phenomenon at all! It is most unnatural. People who are devoted to Swami, must join Satsanga (company of the good).

Dear Students, the food you consume is also the cause for the bad thoughts that are entering your mind. If you are partaking of bad food, you are having bad thoughts. Once bad thoughts enter your mind, none can drive them away. So, first and foremost, give up bad food. Your entire life is dependent upon good food, good thoughts and good company."

- Sathya Sai Baba



*Sai Spiritual
Education Classes
(SSE) will resume on
Sunday,
September 12, 2010
All parents, gurus
and children are
requested to gather in
the Prayer hall by
9:15am for the
orientation meeting.*

*Welcome back
Dear Pilgrims
from Prasanthi
Nilayam.*

FIRST DAY OF SSE...

All SSE parents are requested to attend the orientation sessions held on **September 12 (first day of class) and 19 from 9:30am - 11:00am.**

Sathya Sai Baba says "Parents, teachers, and elders must set a good example... The home atmosphere must be made purer, more holy. Children must learn by observation that their parents are happy and without anxiety, because they have full faith in God".

With this as the goal, discussions will be held on how parents and gurus can work together:

- To fulfill Swami's vision that every home must be a SSE class and every parent must be a SSE guru. For this we have to work with great momentum.
- To highlight the need of individual transformation and the family transformation.
- To heighten the parents self awareness and self knowledge.
- To let every parent get the benefit of Sai experience.

This orientation meeting is also an opportunity for parents to share concerns and ask questions at the commencement of the program.

SSE PROGRAM- AN OVERVIEW...

Bhagawan Sri Sathya Sai Baba, the Avatar of our age walks among us. He, who is and knows all, teaches us, corrects us, guides us, inspires us, loves us, and ultimately transforms us. He has laid a firm foundation, beginning with the right type of education from the stage of childhood. He called it "Bal Vikas" meaning "Blossoming of a Child".

The Bal Vikas program is referred to as the "Sai Spiritual Education" (SSE) program outside of India. It is designed to bring Peace and Harmony in the society by transforming each individual through the life & teachings of Baba.

"The ideal of the Bal Vikas is to raise a generation of boys and girls who have a clean and clear conscience. **Bal Vikas is the primary basis of the great movement to restore Dharma in the world.**"

- Sathya Sai Baba

SSE classes are carried out weekly on Sundays for 1 hour and 30 minutes and approximately 35 - 40 classes are scheduled over the school year. The curriculum is designed to suit the age levels (4 - 17) of the children. Currently over 200+ children are enrolled in this program.

The lasting effect of the SSE program upon the child is inextricably dependent upon parent involvement. What is taught in the SSE classroom is effective only if the parents support the teacher and the SSE activities and if they are willing to reinforce the teachings at home. Hence, parents are requested to: reinforce the lessons learnt in the SSE class at home, to see that the child attends the SSE classes regularly, and participate in the regular activities organized by the Centre.

WELCOME BACK DEAR PILGRIMS...

Welcome, Welcome, Welcome Dear Devotees who are returning from Puttaparthi!



What an incredible trip it has been. After months and months of practice, our SSE children and Young Adults from across Canada, had the opportunity to present the play titled "Life of Sai Ideals" in His Divine presence on August 24. Our Young Adults too sang their hearts out rendering melodious songs with heartfelt lyrics on August 25. How blessed they are!

For the benefit of those of us who didn't have the opportunity to be present in Prasanthi Nilayam to witness these events, a special day will be arranged when the pilgrims will come together to share their experiences with us. Date and timings will be announced shortly.

To view pictures and the DVD of these events, visit saicast.org.



DID YOU KNOW?

CALENDAR OF EVENTS...

September 2 - Sri Krishna Janmashtami

September 10 - Eid

September 11 - Ganesh Chaturthi and the Inauguration of the NEW kitchen at the Centre

September 12 - First day of SSE

October 11 - Thanksgiving

October 8 - Navarathri starts

October 17 - Dasara/Vijayadasami

IN THE WORDS OF SATHYA SAI BABA...

- The Gayatri Mantra is considered as the essence of the Vedas.
- You may give up or ignore any other Mantra but you should never give up the Gayatri Mantra.
- Chant the Gayatri morning, noon, and evening.
- Gayatri means 'that which saves, when repeated'!
- Gayatri Mantra will protect you from harm wherever you are - traveling, working, or at home.
- The Gayatri Mantra is the royal road to Divinity.

EID CELEBRATION ON SEPTEMBER 10



Eid, is a Muslim holiday that marks the end of Ramadan, the Islamic holy month of fasting. Eid is an Arabic word meaning "festivity".

During Eid, typically, Muslims wake up before sunrise, take a shower, wear new clothes (if possible) and go to the mosque for prayers.

Common greetings during this holiday is the Arabic greeting "Eid Mubarak" meaning "Blessed Eid".



Did you know that many Muslims travel to Mecca and Medina on a pilgrimage (Hajj)? Email the Editor with your experience during a visit to a holy place.

DEAR CHILDREN, HERE'S A TEST FOR YOU...

Answer the following questions using "**All the time**", "**Sometimes**" or "**Never**" as it currently applies to you. Be Honest.

1. I respect my parents and elders.
2. I clean my room everyday.
3. I do chores at home cheerfully.
4. I only watch good TV shows.
5. I do not complain.
6. I study hard.
7. I walk softly.
8. I speak softly and lovingly.
9. I do not get angry.
10. I am kind to animals.
11. I take turns while playing.
12. I get along with others.
13. I listen when others are speaking.
14. I open the door for others.
15. I think about the good deeds of others.
16. I am helpful and cooperative at school.
17. I help my parents without being asked.
18. I do not waste food, water, energy or time.
19. I use the words "Please" and "Thank You" frequently.
20. I put my books, toys, clothes and shoes in the right place.
21. I feel for those who are suffering.
22. I do not hurt others.
23. I am kind and gentle.
24. I am polite.
25. I am happy.

Email your answers to the Editor. You are automatically a winner if you answer truthfully.

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