



## Midsummer Days

Dear Readers, Sai Ram!

The time of the school Summer Holidays is approaching and generally we move into a quiet time in July and August here in the SSSSO UK. However as you can see from this issue's articles, the past month to six weeks has been another busy period. Having myself had a very refreshing 2 weeks away at the beginning of June (no emails!) my first engagement was a very great privilege and honour: to attend the National Conference of the Sai Organisation in Ireland, in Dublin, on 22<sup>nd</sup> June. The delightful Patrick Gallivan, Chair of the SSSSO Ireland, met us at the airport and he then kindly showed us around cosmopolitan Dublin followed by Afternoon Tea at the Royal Marine Hotel, Dun Laoghaire. Patrick later deposited us at our hotel on Dublin's very central O'Connell Street and arranged to pick us up the next day for the Conference. Meantime, Rosemary Marron, Head of SSEHV in Ireland, had thoughtfully listed local vegetarian eateries and we went to the Hare Krishna restaurant nearby. Words simply cannot express how lovingly looked after we felt. At the conference the connection amongst us all was instant. After some short talks we had lively discussions about the challenges we all share and face, and the joy of living this life knowing not only of the existence of the great spiritual teacher Sai Baba but of his timeless, pure, teachings as well.

Swami never offers anything that is not multifaceted: As I am attempting to trace my ancestry in my 'spare' time (not a lot gets done from one month to the next!) it was with great interest that I set foot upon Irish soil for the very first time on the auspicious Summer Solstice. My maiden name 'Barry' comes from Southern Ireland and it was great to bring back several packets of 'Barry's Tea' for my family! (A small addiction explained perhaps!)

On Sunday 29<sup>th</sup> June I attended a talk in Surbiton, Region 1, by our regular visitors and very dear friends from Australia, Arthur and Poppy Hillcoat. Arthur is 'Advisor to Prashanti Council'. Once again, their talk was deeply moving, inspiring and (the mark of a really great talk) seemed to touch and address different, relevant and recent issues

within each of us. Many were moved to tears yet, often, uplifting laughter followed like sunshine after rain! The audience of 300 plus was enthralled for well over two hours.

It was back to Region 1 on Saturday 5<sup>th</sup> July for the 'R1 Sports and Family Values Day'. Somehow the clouds rolled back enough to allow the sun to shine on the hundred or so children participating under their five 'House' banners – each one a Human Value. It was a fun day with well-organised events – some purely sporting and others carefully designed to bring out the Values and some to involve all generations together. Around lunchtime we were very honoured to have with us the Deputy Mayor of Merton - a very enlightened and humanitarian lady, Councillor Mrs Kryisia Williams, and her husband.

Cllr Williams putting everyone at their ease had a very good way with children and gave a talk that also explained her duties as Deputy Mayor as well as showing her comprehension of the values underlying the event itself.

This evening the National Vice-Chair, Shitu Chudasama; the National Secretary, Kishor Kumar; and myself, will be meeting with our Central Coordinator, Ishver Patel and our Zonal Chair, Mr Kishin Khubchandani, to report on Organisation matters. Then, later this evening, on behalf of the UKCC I represent SSSSO UK at a Sri Sathya Sai Central Trust UK Meeting as a guest.

Every best wish to all SSSSO UK delegates travelling to the Sri Sathya Sai World Education Conference being held in Prashanti later this month!

**Love and Light,  
Rosemary Perry, National Chair**

## Sri Sathya Sai World Education Conference

The SSSSO UK wishes all its delegates to the Sri Sathya Sai World Education Conference at Prashanti Nilayam safe happy travels and a wonderful experience. What a marvellous opportunity to join with like-minded souls to share and grow from the exchanges and benefit from the keynote speakers!

*"To live a happy and peaceful life, good education is necessary, education based on Dharma (Right Conduct)."*

*Sathya Sai Baba*

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

## National Sathya Sai Retreat:

**“You Are Me, I am You,  
We Are One”**

**22<sup>nd</sup> to the 24<sup>th</sup> of August 2008**

It is with pleasure that we confirm that **the Key Speaker at our Annual National Retreat this year is Mrs Phyllis Krystal**. She will be speaking on the Retreat's theme (above). There are still some places available and last week all Centres and Groups were informed that the booking has been extended to the end of July. (If all the places go before that then Centres/Groups will be advised straight away.)

Here is a list of the titles of the various exciting Workshops that will be run at the Retreat: *‘Constant Integrated Awareness’ / ‘Devotional Singing’ / ‘Living in God’ / ‘Love Thy Neighbour as Thyself’ / ‘Vastu Altars’ / ‘The Laws of Attraction’ / ‘With Love Man is God’ / ‘Play with Pastel’*

Please ensure that you send your forms to the correct address on Page 2 of the information sheets as soon as possible with your cheque(s) **by July 31<sup>st</sup> 2008**

**All final details and how to get there:**

These will be sent to you approximately two weeks before the event.

**Ramesh Mistry for the**

**National Retreat Planning Team**

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## SSE National Teachers' Day 2008

### *Reminder*

National Teachers' Day 2008 will now take place on **Saturday 30<sup>th</sup> August 2008** at **Winston Churchill Hall**, Manor Farm Site, Pinn Way, Ruislip, Middlesex, HA4 7QL. Please note this **revised date** in your diaries. It will be a wonderful opportunity for Teachers, Teaching assistants, office bearers and all those involved in Sai Spiritual Education (SSE) to come together to celebrate, learn, share ideas and be inspired for the next academic year. Further details and registration forms are now available via the Regional SSE Coordinators.

**Lakshimi Puvanendran,**

**National SSE Co-ordinator**

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## Region 1

### **An Evening with Hillcoats**

On Sunday the 29<sup>th</sup> June 2008 at 5.00pm, the devotees of Regions 1, 2 and 3 gathered to spend an evening with Poppy and Arthur Hillcoat.

Following a few introductory Bhajans, Rosemary Perry, U.K. Chairperson, started the evening's proceedings with a brief introduction of Arthur and Poppy, describing them as the 'roving ambassadors of Swami.'

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Poppy Hillcoat began with salutations at the lotus feet of Swami. She went on to narrate a few anecdotes. These included Arthur's loss of hearing and Swami's gentle indication to accept this development, commenting that her hearing had, as a result, actually improved! Poppy also described Swami's signal to both her and also on another occasion to Phyllis Krystal, to dress their very best whilst in Prashanti Nilayam.

Poppy focused her talk on the 3rd World Youth Conference, picking out key points for Swami's discourses, which she listed clearly, as follows:

1. Swami said that He is not the body or the mind. He said 'I am I'.
2. We should also believe that we are not the body or the mind but we are our real self.
3. Swami said that doubts cause our problems but with firm faith we can overcome them. We have to be very purposeful in dispelling them.
4. Our body is an instrument that has been given to us in order to help us find our true nature, which is God.
5. There is a lot of confusion about meditation. What is true meditation? Meditation is the contemplation on the reality within.
6. To keep the mind absolutely steady we need to concentrate on Swami for only 11 seconds and with intense contemplation we could be liberated. Swami then added a caution saying that it is God who decides whether our concentration is enough.
7. Swami encouraged us to eat at regular hours and said we should avoid eating meat and fish. It is also better to avoid eating cheese as it makes us weak and He suggests that we should drink buttermilk and curd, diluting these with water before consumption. Swami exhorted devotees to stay away from liquor and gambling. Bliss does not come without effort.
8. We try hard to acquire property but we must realize that the greatest property of all is pure love.
9. Gratitude to God is important in our lives.

Poppy finished by saying, quite simply and sweetly, 'be happy and make others happy.'

Arthur also began with a couple of stories, the first on how Swami saved him from a massive heart attack, highlighting Swami's continuous presence by our sides.

The second, which occurred when they were going through financial difficulties, demonstrated that Swami knows every word we utter.

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After this gentle and light-hearted introduction, Arthur focused on the key question 'Who am I?' He described the death of his dear Grandmother and the contradiction between the speech of his elders describing heaven and their clearly visible grief. Arthur narrated the clear conflict between his desire to speak about God and the image of God presented as a punishing figure.

Arthur described free will as being true only on a body level, yet if we really knew who we were we would see that only divine will is true. Arthur exhorted us to continue to make the effort to learn and understand our reality; that the one we search for is not outside but within. Equally, he described Karma as being true for the one who is tied to the body, whilst those who have realised the truth about themselves are free.

Arthur concluded by saying that the truth has never been spoken, and that we can only come to realise the truth when you know whom you are. He said that we should make a real effort to realize who we are. Even if we are lying in the middle of the road surrounded by dirt, our last words should be thanking the Lord for giving us this opportunity. He emphasised that it was no use giving us the information if we did not practice it.

Arthur then went on to answer various questions put forward by the audience. At the end of his talk, he finished by saying

*'Regardless of whether you've been very angry today or whatever it is, I simply love you for who you are. And there are no 'ifs' and 'buts'. There is no only 'if you please me.' But it is because of who you really are, and you might have difficulty knowing that at the moment.'*

Geetha Maheshwaran, who had been given the task of providing the 'Vote of Thanks', was overcome with tears along with many in the audience. Struggling to convey her thanks, Geetha said that Arthur touched our hearts in so many different ways and that his words, like Swami's, had the capacity to console and strengthen individual members of the audience. She expressed admiration for Poppy's single-minded concentration on Arthur as he spoke and said she felt privileged to share in this beautiful moment.

All of us who shared in this most uplifting and deeply spiritual evening, left after Bhajans and Arathi, touched by what we had witnessed and heard, and even more focused on the search for our true self. We hope that with the Grace of the Lord, we will be fortunate enough to have many more talks and visits from this unique couple.

## Sports and Family Values Day

On Saturday 5th July 2008, Region 1 held its annual Sports Day and for the second year running incorporated a Family Values Day into it, involving Mothers, Fathers, Aunts, Uncles, Grandmothers and Grandfathers of the children taking part. This event was held at Norbury Manor School in Croydon. Despite the morning's weather being drizzly and no sign of sunshine, the attendance was very good from the Region. Swami's presence was definitely felt by all those who attended and we were all blessed with sunshine and heat moments before the events were due to start. The weather for the rest of the day continued to be sunny, dry and warm.

As the children arrived, they were registered in the sports hall and allocated a team. The team names were based on the five human values. The boys were split into 2 teams (Truth and Right Conduct) and the girls into 3 teams (Love, Peace and Non-Violence). Each team had its own Team Colour to identify it, together with a team flag held by the team captain and a lollipop stick with the team name. SSE teachers and youth helpers monitored the teams.

The event commenced with a 'March Past' by each team, saluting Swami's chair as they passed it. Judges marked the March and the points went towards the final scores for the day. The teams were given time to practice and were marked upon their unity in marching. 'Team Truth' for the boys scored a maximum 300 points and 'Team Love' for the girls scored 290 points.

The children were all lined up in their teams and a Welcome Speech was given and the rules for the day clearly defined. Mr N. Shanmugathan (former Regional Chair) lit a Diya at the altar. The nursery children then went indoors for separate indoor activities catered to their needs - such as face painting and value games. The teams were then sub-divided by age and the 'Boys under 12' would take part in Sprint and Obstacle Course races and the 'Over 12s' in Football. The 'Girls under 12' would take part in relay races and the 'Over 12s' in rounders. The events were then rotated. 'Team Truth' for the Boys maintained their lead throughout these events, as did 'Team Love' for the Girls.

The Guests for the day were the Deputy Mayor of Merton, Cllr. Mrs Krysia Williams with her husband, National Chair Rosemary Perry and her husband Steve. Both Krysia and Rosemary made speeches to the children before lunch and refreshments were served. The Deputy Mayor of Merton left in great

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sporting spirit moving on to attend the Wimbledon Tennis Final.

Rosemary and Steve stayed on, taking part in the events that were taking place for the family members. Events such as Musical Chairs and Sprint Races took place. A family relay race then took place and Rosemary and Steve 'adopted' an SSE child to be in their team for the race. The adults then divided themselves up and joined the teams for the final event of Value Presentation. Each team was given time to prepare a presentation to judges Rosemary and Steve, where each team had to portray the value they represented for the day in a 7-minute presentation. They were being marked on 4 categories: presentation style, involvement of all team members, originality and bringing out the value. The teams one by one presented their value in the form of drama, role-play and also devotional singing appropriate to the value. 'Team Peace' won this event with 173 points out of 200.

Soon it was time to announce the results of the day and present trophies. Teams 'Love' and 'Truth' won 2 trophies each for winning overall and for winning the March Past. 'Team Peace' also won a trophy for winning the Value Game. Rosemary and Steve Perry presented the trophies to the Team Captains. Two nursery children then came up to present Rosemary and Steve with their participation certificates. All children and family members that took part will be receiving participation certificates and also certificates will be awarded to 1st, 2nd and 3rd winners in races. The day concluded with Arathi and Vibhuthi and fruit was distributed. The day was extremely successful and Bhagawan's divine presence was truly felt by all those present.

**Raj Rajasingam, Chair Region 2**

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## Region 2

### SSEHV Holiday School

The fifteenth Sathya Sai Education in Human Values Holiday School that was held over five days at Preston Park Junior School in Wembley, West London, in May 2008 for 60 children, exemplified a unity between the different strands of Sathya Sai Education with individuals coming together as a team from various wings of the Sri Sathya Sai Service Organisation and of BISSE. With a common goal - that of delivering Sathya Sai Education to all children, volunteers worked with an enthusiasm and dedication making this one of the most harmonious of holiday schools.

The holiday school coordinators included a Regional SSE Coordinator, Regional Service Coordinator, and the Vice-Chair of a local Sai

Centre who, together, oversaw the smooth running of the holiday school.

The SSSSO UK Region 6 Spiritual Coordinator facilitated Drama and prepared children for the final Assembly, which was attended by parents and guests. To produce something within a week in drama form was quite a feat and the children clearly demonstrated what they had learnt with great spontaneity and confidence.

The British Institute of Sathya Sai Education facilitators led various activities, which included singing; main SSEHV lessons and value related board games bringing fun and a dynamism and enthusiasm to the Programme. Youth and volunteers from the Sathya Sai Weekend School, Wembley led all the sporting activities. They introduced a new orienteering activity to the holiday school that produced a brilliant example of cooperation amongst children. The activity involved all the children working in mixed age groups, seeking out locations within the school grounds and producing answers to value related questions.

Other activities in the holiday school included Yoga, Choi-Kwang Do and Art and Craft.

The new Mayor of the Borough of Brent attended the final Assembly. He arrived in full regalia, red robe and all, to the great delight of the children. He stayed half an hour longer than planned and invited children and volunteers alike to take photographs with him. The silent sitting involved children and volunteers participating in activities, which enhance concentration and 'going within'.

Feedback from one of our volunteers encapsulates the atmosphere created by the holiday school:

*'... I found the atmosphere at the holiday school to be something quite unique and unlike anything I have experienced in any mainstream teaching environment. The energy felt that permeated throughout was both a joy to experience, but also essential in contributing to creating the right balance of energies that facilitated effective learning in pupils. I regret that my time there was brief but would welcome the opportunity to partake in any such programme again.'* (Marcus Banfield)

Feedback from both the children and parents was very positive with both parents and children wanting the holiday school to continue. When asked by the Mayor if they would come back, all the children raised their hands with a resounding 'Yes!'.

*Joyce Power, Region 2 SSEHV Holiday School Organiser*

**Satesh Melwani, Chair Region 2**

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## Region 3

### Joint Bhajans by East London Centres

The Sai Centres in the East London area celebrated their first 'Joint Bhajans' on the 21st June 2008 at the 'Selva Vinayagar Temple' in Ilford. Devotees from various Centres attended this event and blissfully enjoyed the vibrations. This is the commencement of bringing the Centres together, encouraging joint efforts, which please our Beloved Lord. It is worthy to note that many new to Sai people attended this and chanted Swami's glory. Many more joint events will follow with Bhagawan's grace.

### Uthayan Sunthar, Chair Region 3

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## Region 4

### Men Behaving Well – Five Alive!

This year's 'Gents Retreat' – now in its fifth year - took place on the weekend of 21st and 22nd June. The theme this year was "Sadhana and Spiritual Enlightenment With Brothers". As per the previous retreats, two cabins and the sports hall at Beaumanor Hall were booked for two days. Beaumanor Hall is a big country house belonging to Leicestershire County Council, and its extensive grounds have residential cabins, which can be booked for overnight stays. Again, as before, about 30 devotees agreed to attend and everyone turned up early, eager to start on time at 9am on Saturday morning. Straight after registration, we gathered in the 'meditation room' – one of the common rooms converted for the weekend into our meditation room – and started with Bhajans. As always, this was a wonderful start to the retreat.

Suresh then welcomed everyone to the retreat, and wished everyone, with Swami's grace, a wonderful experience over the next two days. And we were straight into action with a yoga session in the sports hall! Ashok conducted the excellent yoga session, at all times explaining what benefit was gained from each of the positions and the yoga session prepared us well for the session on Health Awareness after lunch.

Our own 'doctor in the house' – Dr Nishith Patel – conducted a study circle on 'Health Awareness'. Nishith explained the 'Dos & Don'ts' on food and exercise. He quoted results from the very latest research, particularly in relation to diabetes and high blood pressure. His main message was that we should have a balanced diet and more exercise.

We were then led into the first of two team-building exercises. The first one, conducted by Dipak Fakey, was to create a poster on

'Healthy Eating' and on the perils of 'Smoking'. We were told that the target audience for the posters would be children. All teams came up with some very interesting designs and Dipak commented on the quality of some of the designs.

Next, was our own version of a 'Twenty20' cricket match! The rules were explained to the two teams – captained by Satish and Subash. Everyone joined in the match, even our Special Guest, Dr Kishan Gadhia, had a bat! For the record, Subash's team won the match by a narrow margin!

Unfortunately, it started to rain so we had to make some last minute adjustments to our programme – the BBQ was re-arranged to the next day and the evening meal of freshly cooked Soya mince koftas and nan bread, with fresh salad, was enjoyed by all – thank you to the excellent cooks Vinod and Jeram!

Our Guest Speaker, Kishan Gadhia, narrated a number of his personal experiences with Swami. Everyone was enthralled by the talk and we counted ourselves lucky to have Kishan amongst us. It was a wonderful and inspiring talk.

Then it was entertainment time! Satish sang a number of songs and recited his own brand of jokes! Entertaining, it certainly was! Morar had prepared a play, which was amusingly acted out by some of the participants – one in particular took a lot of joy in playing the part of a woman! (Stand up Vinod!)

We all retired after the very enjoyable entertainment session and finished with Bhajans.

Early wake up call – at 4am (!) – and then we were all ready for Meditation at 6am followed by 'Nagasankirtan', singing our devotional songs all around the grounds of Beaumanor Hall. The weather was fine and we all enjoyed the Bhajans. What a wonderful start to our day! Before we had breakfast Ashok conducted another Yoga session. Breakfast itself was simple and good – cereal, toast, tea, coffee and orange juice.

By 9am we were again ready for the second team-building exercise, conducted again by Dipak. This time the teams had to produce posters on our Sathya Sai Human Values – Truth, Right Conduct, Non-violence, Love and Peace. Much discussion ensued amongst the team members and some good, thought provoking designs were produced in a short time. This shows what can be achieved by working as a team!

Next was a workshop on 'Effective Communications', this was facilitated by Champak. This subject is such an important part of our daily lives that everyone found the

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session very beneficial indeed. The workshop was run in a very interactive manner by and everyone gained something out of it.

Nagin then conducted a study circle on Right Conduct. Nagin has many years' experience of Swami and of running study circles consequently it was very lively as everyone joined in the discussions that were conducted in a relaxed manner on the lawn!

And then it was time for the BBQ. With Swami's grace, the rain kept away and we all had an opportunity to enjoy the barbecued burgers, vegetable parcels, corn, mogo, fried onions, etc, whilst we shared our personal experiences amongst friends. And as a special treat, we had ice cream! (Nishith did say it was okay to have special treats occasionally!) Very enjoyable!

This year we decided that before finishing the retreat, we would give everyone an opportunity to reflect together on the retreat and to come up with the good/positive points and any bad/negative points, and if possible to come up with suggestions on how we can make future retreats better. Overall, everyone agreed that there were more positive things to say about the retreat than negative points, and that we should continue with this annual event. A full review of the comments recorded on the day has been prepared and will be circulated to all those who attended.

Sadly, it was then time to end the retreat for another year. It seemed only a few minutes ago that we were registering! We finished with bhajans and vote of thanks by Satish.

Then we all said our goodbyes to the friends we've made, and all vowed to be there again next year.

**Ramesh Mistry, Chair Region 4**

### **Health Awareness Day – Coventry**

On Sunday 15th June, Coventry Sai Centre held its 5th 'Health Awareness Day' clinic aimed primarily at the homeless and refugees, though open to all the local population of Coventry.

It was held at Norton House, which is a centre where the homeless have access to social services and to basic things such as being fed and having a wash. Councillor Marcus Lapsa, who came with his colleague, Mr. Kevin Foster, the Deputy Leader of Coventry City Council; opened the event.

Councillor Lapsa acknowledged the work of Sathya Sai Baba, and remarked on how the Sai Centre offers services free of charge and with love and dedication. He also vocally noted the number of Sai Organisation health professionals and volunteers coming there on a sunny Sunday to hold this event not only

from nearby but also from as far away as Bradford and London - especially with it being Father's Day.

People of various nationalities came to have a check-up and consultation: British, Polish, Portuguese, Czechoslovakian, Indian and Kenyan.

There were GPs, Dentists, Optometrists, Pharmacists, staff from the Anchor Centre (who manage homeless people and refugees), and nurses checking blood sugar, Body Mass Index (BMI) and blood pressure. In addition, there were information stalls on Smoking Cessation, Chiropody Service, Expert Patient Programme and the National Blood Service.

In all, there were 268 consultations with the health professionals and from that, the following referrals were made:

GP/BP/Blood Sugar – 18

Dental – 4

Anchor Centre Team – 3

Four people signed up for Blood Donation and five for Organ Donation.

Also as a part of service on the day, all attendees (patients, professionals and volunteers) were fed with food cooked on site, which totalled 80 meals. It was a joyous day.

*Written up by Raju, Coventry Health Awareness Day Event Co-ordinator*

**Submitted by Ramesh Mistry,  
Chair Region 4**

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## **Region 6**

### **Regional Satsang**

Whilst the Guildford venue was being set up by our Regional Service Co-ordinator, Beverley and her team, the altar swathed with colours, Swami's chair bedecked with his robe, there appeared a long train of people, who I had never seen before. I was informed that they came from Farnborough, and had never attended a SSSSO UK meeting before.

The Satsang details had gone to them via Nabin Siwa, the Chair of the newly formed Folkestone Centre, Nabin, a Nepali, who is also an organiser for the Ghurkhas and it is this contact that resulted in 25 Nepalese devotees from Farnborough swelling our ranks. They brought garlands of flowers and wonderful singing which enriched the Satsang with a real air of wonder and delight.

Reading, Southampton & Portsmouth Youth presented, played and sang the opening Vedas and Bhajans.

Ishver gave a talk of which half was purely Organisational business and half 'inspirational' which was a great mix and wowed us all. He asked pertinent questions such as: "Swami is governed by the law of the earth, he will

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leave, how will we respond? Will you change? If so, why? He is challenging us, he is changing things, even the time of Bhajans at Prashanti, all those props we use as crutches must fall away, even the rosary beads for mantras, there is a time when we will have to let go, do not become attached. Baba says "I have come for the whole of humanity" are we stopping them or flowing with them?"

He talked about how the Centre/Group Chairs should welcome and say goodbye to all who come to a meeting. He told us to sanctify the venue, set up the altar with love and care.

"Think about all the elements - you are welcoming the purest. Set a theme for meetings and follow it, not just getting *any* speaker. The moment you have a thought God registers it, the return from God is for our highest good. God responds immediately the moment you pray, "Know I am there".

"Pray grant me that which is good for me not what my mind wants." Service is love in action but it is not just a physical 'activity', it is also about sending out love, so give divinity significance every moment. "If you want to experience me come out of the shadows".

Ishver told us that Swami had even said to him in an interview that he was prepared to give up his form so that Ishver and his friends would practice these Universal teachings.

After our usual delicious shared lunch, Janet Talty talked about, 'The Effect We Have on Other People Consciously and Unconsciously', which was followed by a 'Q & A Session' afterwards. This stirred up unusual questions and much thought.

Folkestone and Farnborough finished with devotional songs and Arathi.

What a day for Region 6 - with 8 Centre & Group Chairs present! ...Now that, with Swami's grace, is a matter for celebration!

**Philippa Malcomson, Chair Region 6  
Brighton & Hove Centre  
Outing for the Elderly**

Saturday June 21st 2008 marked the Summer Solstice in the year's calendar, which to many probably evokes thoughts of long hot lazy days under a midsummer sun shining high in a blue sky. Unfortunately the day dawned disappointingly grey and dismal. This was apparently not a very auspicious start for an outing organised by the Brighton & Hove Sai Centre, to take around twenty elderly residents of Brighton and Hove to Amberley.

However, the weather could not dampen the spirits of those participating and as some pictures seem to show, a very good time was enjoyed by one and all! Former similar outings and trips to the Amberley Riverside Café, organised by Service officers Dipti

Chauhan and later Mallica Bannerjee have taken place many times in the past. As in previous years Jon Smith from Peacehaven donated his time to drive the minibus and Dipti graciously agreed to help on the outing. This year members of the Eastbourne Group as well as the Regional Chair, Philippa Malcomson, also joined in and helped in swelling the numbers, which over the years have somewhat dwindled. David Bryant, Chair of the Brighton & Hove Centre, remembers times past when forty or fifty people would come along. 'We have been doing these trips and tea parties for twenty odd years or more.' He then went on to say, 'How nice it was to see other groups becoming involved. It would be nice to expand the service activities in the Region!'

The weather in fact proved ideal for driving into the countryside, not too hot either for passengers or drivers! Drivers started out from their individual pick up points between 2.15 pm and 2.45 pm meeting up with the whole party around 3.30pm at the Riverside Café where tea and refreshments were taken picnicking in tranquil surroundings with pleasant company. The youngest participant was in her twenties and the oldest lady to come along was a 95-year old lady from Hove. The Lord held off the rain until the very end only blessing us all with a brief, light shower that brought the party to a natural conclusion. Some drivers took the opportunity to return home through the countryside to Arundel and along the A27 to Worthing and along the coast road through Shoreham and then back to Hove.

Many, many, thanks to all who came along and helped to make it such an enjoyable afternoon event! For anyone reading this and wondering if this expedition was worthwhile here is an anecdote reported by one of the drivers who arrived just a little too early to pick up her passenger. The lady had gone out on an errand and nearly missed her ride for the afternoon. Luckily the driver spotted her intended passenger just as she was about to drive away, having waited and written a note, believing that the planned outing had been forgotten. When the elderly passenger realised what had nearly happened, she told her driver for the afternoon that she would have cried with disappointment if she had missed her place in the car on the trip to Amberley!

*Written by Nicola Johnson,*

*Brighton & Hove Centre Service Co-ordinator*

**Submitted by**

**Philippa Malcomson, Chair Region 6**

## Youth

### Happenings in June!

June has been a busy month for the Youth Wing up and down the country. There are lots of activities taking place and if you don't know about it - well you should! The best way to keep in touch is either to pester your local youth coordinator to find out for you or check the youth website, [www.saiyouth.org.uk](http://www.saiyouth.org.uk) which has new updates pretty much every week. Some important events that took place in the last the month and happening in the coming month are noted below.

#### National Youth Workshop

On June 14th we were very lucky to have Professor Suresh Govind of Malaysia with us in the UK. We had a special youth workshop in Milton Keynes focused on generating ideas to support some key projects in our Organisation. Professor Govind provided us with some guidance and his inspirational energy and motivation - but the work was done by the youth themselves. We were also lucky to have our Central Coordinator, Ishver Patel and from the UK Council, the Sathya Sai Schools Coordinator, Dr Prabodh Mistry.

Splitting into various workshops we focused on tackling two of the key priorities for the Organisation this year and going forward for the next few years. We explored how as youth we can support the Sathya Sai School in Leicester and how we can take some of the innovative and interesting programmes we do further into our local community. The outcomes from the workshops included the youth wing making an undertaking to look at - with a fresh eye - our community service programme and also how to support the School. The Region 3 youth team will be looking at trying to focus their skills and talents in the East London area and seeing how they can work with the Region 3 Service team and Centres to support the needs of the community there. In Leicester, the Region 4 youth team will be looking at raising the school profile in the local area and creating new links. If you want to be a part of it - please visit the youth website and email the team.

A big "thank you" to the Milton Keynes Sai Centre who organised the venue and catered for us with some delicious food.

#### Sathya Sai School Leicester:

##### 'Grand Designs' meets

##### 'Ground Force'

On Saturday 12th of July for two weeks, youth and adults from around the country will be descending on our school to give it a much needed face lift and carry out essential

maintenance work. Thank you to all those people who have come forward with help but we still need more assistance! You can help in many ways. We will be carrying out important work, which will mean the school can cater for the new students starting on September. More information on the project can be found on [www.saiyouth.org.uk](http://www.saiyouth.org.uk) or you can email [saischool@saiyouth.org.uk](mailto:saischool@saiyouth.org.uk)

As you can see there is a lot going on - and this is on top of all the other activities that are going on as usual. It should be an exciting and challenging next month for the youth who are working hard and silently to spread the message of Sai and having fun at the same time. Many youth ask how they can be involved and the simple answer is, "If you want to be a part of it all, you only need three things, commitment, enthusiasm and a bit more commitment!" ...The rest you learn on the job!

#### **Forthcoming Youth Event:**

##### **'Humanness to Godliness'**

##### **Region 4 Youth Retreat**

##### **(25th of July - 27th of July)**

Region 4 is organising a summer spiritual showers programme for all youth in the country, the theme being: "Humanness to Godliness".

As a preparation there have been Sadhana meetings and Satsangs - as well as homework too! All the youth have been diligently reading the volumes of 'Sathyam Shivam Sundaram' and learning more about Swami's life and His mission so far. There are rumours also of an examination and maybe prizes at the retreat (spiritual of course)!! The programme will include esteemed guest speakers, group activities and much more! Many of the youth taking part will also be lucky enough to be part of the Sadhana camp going to Prashanti this year with HVB and Sri Ajit Popat on the 28th of July. We wait to hear from them upon their return and of the wonderful journey they are sure to have.

**Mathan Arulvel,**

**National Youth Coordinator**

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## Service

### Service for Health

The National Health Service (NHS) in UK was founded on 5<sup>th</sup> July 1948 on the principles of providing a good quality healthcare service from the cradle to the grave that is free at the point of delivery to everyone. This echoes one of a few key principles for medical activities under the guidance of Sri Sathya Sai Baba who advocates that medical aid should be the right of every individual, irrespective of caste, creed, colour, religion or nationality.

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

As it celebrates its 60<sup>th</sup> anniversary, the NHS has undergone many significant changes since its inception and the government plan greater prevention of illness for the next stage shifting the focus to preventative care to stop health problems arising in the first place.

Sunday June 1<sup>st</sup> saw the second 'Free Walk-in Health Awareness' day to be held in Region 2 this year, organised particularly for disadvantaged groups such as asylum seekers and refugees and also for the local community in Hayes by the Sri Sathya Sai Service Organisation UK in partnership with the NHS Hillingdon PCT at Grange Park Infant and Nursery School.

Ambica Selvaraj, specialist health visitor and Ladies Wing Coordinator for Slough Sai Centre, instigated this health awareness day, which brought health professionals from both the PCT and the SSSSO UK together to promote healthy life styles in the local community with support from Bharat Handa, the National Service Coordinator and many volunteers from Region 2 Centres.

This joint event was also attended by: Priscilla Simpson, Project Manager for the Hillingdon HOPE project; Sheila Wane – Service Lead Community Nursing for Children, Young People and Families; Uma Prohit – Health Visitors' Team Leader and Kiran Thapar – Head Teacher of Grange Park School.

We were very honoured to have The Rt. Hon John McDonnell, MP for Hayes and Harlington, open the event and he visited all the services on offer which included Blood Pressure and Blood Sugar tests, Body Mass Index, Dietary advice, GPs' advice, Eye and Dental checks and Fitness exercises.

Expert advice from the PCT's 'Smoking Cessation Team' and Dental services together with the Stroke Foundation and Anthony Nolan Trust were available.

Information leaflets from other charities such as Diabetes UK, National Blood Service and the British Heart Foundation provided a wide range of health information. Of 105 registration forms were issued, 90 were returned. There were 55 females and 35 males ranging from 1 year to 81 yrs of age.

Over 350 consultations were provided on this day. Blood pressure measurement ranged from normal to 185/93 mmHg. The highest level recorded for blood sugar measurement was 20.6 and BMI 30.6. Altogether 22 referrals were made: 10 to GPs, 6 to Opticians, 5 to Dental and 1 to a Speech Therapist.

A prospective evaluation of the event carried out through interviews by Priscilla Simpson had positive feedback. Visitors commented that the event was well organised, efficient, quick, with nice friendly doctors and happy people and beneficial for the community. Comments on post-it notes such as, 'Excellent day', 'One stop shop for everything', 'Great opportunity' and 'Plenty of time to talk to doctors', reaffirmed similar opinions.

One of the greatest achievements of the NHS is the great contribution it has made towards increasing life expectancy. However, many health challenges remain to be tackled. Safeguarding good health for all members of society requires co-ordination across all areas of government policy. With a commitment to partnership and collaboration we can attempt to tackle some of these public health challenges and strengthen the divine force that energises the physical, mental and psychological systems of man to become a healthier nation.

Priscilla Simpson acquainted the Rt. Hon. John McDonnell MP with the overwhelming response and positive feedback received from people who visited the three previous FWHAC held in June 2007, February 2008 and June 2008. As a result, the Hillingdon PCT is looking at adopting this concept of FWHAC as a long-term health promotion strategy to encourage the marginalised communities in Hayes such as Refugees, Asylum Seekers, families and single homeless, single parents, 'Traveller' communities and any other interested parties to attend the free Health Clinic. Furthermore, in partnership with the SSSSO UK, the PCT plans to hold about four FWHAC per year at different locations to improve access for these specific groups. Mr McDonnell informed Mr Handa of his support for such projects and said he would discuss this matter further at the PCT board meeting in July.

#### **Gayatri Bikoo, R2 Service Co-ordinator**

"...purity, patience and perseverance. If you follow these three tenets you will not be afflicted by any disease."

"Moderation in food, moderation in talk and in desires and pursuits, contentment with what little can be got by honest labour, eagerness to serve and to impart joy to all; these are the most powerful of all the tonics of health – preservers known to the science of health, the Sanathana Ayurveda."

*Sathya Sai Baba*

Please use your initiative to distribute this monthly newsletter as widely as possible to all devotees and interested parties.

### Sathya Sai Bookshop

The bookshop has a regularly updated website.

Please visit it at:

[www.srisathyasaibookcentre.org.uk](http://www.srisathyasaibookcentre.org.uk)

DVDs are often being compiled and released along with new interesting books.

### The SSSSO UK Website

is to be found on:

[www.srisathyasai.org.uk](http://www.srisathyasai.org.uk)

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### BISSE

British Institute of Sathya Sai Education

Information on the Sathya Sai Education in Human Values Programme can be found on:

[www.sathyasaiehv.org.uk](http://www.sathyasaiehv.org.uk)

Love and Light SSSSO UK <i>Significant</i> Diary Dates 2008 Please ask your Centre or Regional Chair for details		
Month	Date	Event
July	12 <sup>th</sup>	Additional UKCC meeting
July	18 <sup>th</sup>	Guru Purnima
August	22 <sup>nd</sup> - 24 <sup>th</sup>	National Retreat Stourbridge
August	30 <sup>th</sup>	National SSE Teachers' Day
August	31 <sup>st</sup>	UKCC Quarterly Meeting
September	6 <sup>th</sup>	NWC Meetings
October	11 <sup>th</sup> - 12 <sup>th</sup>	UKCC Vision Weekend
October	18 <sup>th</sup>	National Spiritual Day
November	19 <sup>th</sup>	Ladies' Day
November	23 <sup>rd</sup>	Sri Sathya Sai Baba's Birthday
December	6 <sup>th</sup>	UKCC Quarterly Meeting
December	13 <sup>th</sup>	NWC Meetings