

Sathya Sai International Organisation of Australia & PNG, NSW Region East



Monthly Newsletter

Sathya Sai Centre of Hurstville

Venue: Hurstville South Public School hall, Cnr. Maher St. & King Georges Rd. Hurstville, NSW 2220

Spiritual Program: Thursdays, 7.45 pm - 9.15 pm **Contact:** Tel: 02 9570 5298 Mob: 0402 115 298

Web: <http://www.saiaustralia.org.au>

Compiling Editor: Ravi Shankar

Selfless Service Opportunities

Nursing Home Visit

Venue:

Hillcrest Nursing Home
11 Mimosa Street
Oatley, NSW

Date: Sunday, 17 January 2016

Time: 2.30 pm – 3.30 pm

Spending 1 hour with home-care residents: singing songs, conversing, joking, birthday song and wishes and so on.

ALL WELCOME

For more information contact:

Bill Andrianopoulos - 0422 592 968

Thomas Reddall Breakfast Club

Breakfast Service for School Students

Sathya Sai Centre of Hurstville has a service project to participate in this breakfast club. Centre participants can join in by donating any amount of the following items:



- Orange juice
- Apple juice
- Long life Full cream milk
- Any cereals
- Vegemite
- Jam

You may give your donation to our Service Coordinator:

Bill Andrianopoulos - 0422 592 968

Sathya Sai Centre of Hurstville Stands for Universal Spirituality

The programs of Sathya Sai Centre of Hurstville are principally based on Universal Spiritual Principles, giving values to Human Values in our every thought, word and deed and thereby harmonising these three into One known as Truth. This unity in turn can give rise to the unity and peace on our earth and beyond.

One of the main programs of the Centre is Sai Spiritual Education which can help us to live in unconditional love. A good proportion of our Sai Spiritual Education is presented through Interactive Spiritual Workshops. Efforts are made to implement the knowledge gained; in our personal daily activities in life at home, at work place, in society and selfless service to needy ones in the environment.

The five human values — when practiced with integrity — render good character which transforms the chaotic society into one of peace, harmony and vision.

Achieving the quality of Non-violence

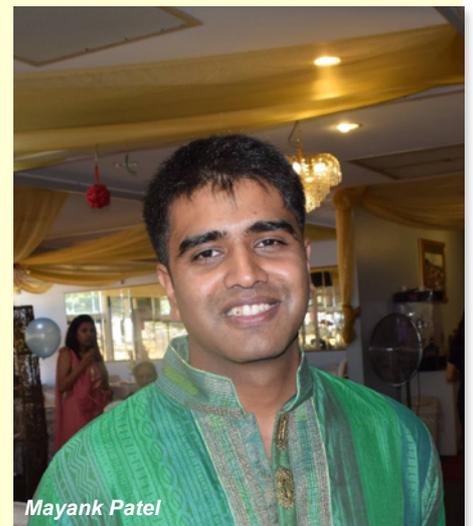
Reporter: Mayank Patel - Youth Leader of Hurstville Sai Centre

I attended the Universal Spirituality (Human Values) Program of our Hurstville Sai Centre on Thursday, 3 December 2015. This program is conducted on every first Thursday of the month and is well designed for the people of all religious backgrounds; cutting across all religious, cultural and traditional rituals and with emphasis only on eternal universal spiritual principles based on human values. In fact I do agree that the human values when practised with integrity are the basis of the existence of all faiths and they render good character which transforms the chaotic society into one with peace, harmony and vision.

For example, what does a normal person in today's world of technology and survival amidst materialism understand about the values of non-violent practices. He may at the first sight define non-violence only in the physical terms as 'avoiding causing physical assault to someone'. This may be the definition at the physical level. But at spiritual level, the meaning of non-violence goes deeper into the realisation of its truth that, 'not hurting another in any manner by the use of our body senses in thought, word and deed'. The meaning even goes deeper than this when we consider that respect to living beings and also to non-living object matters in the practice of non-violence.

Non-violence towards all forms of life is essential

Let us consider the spiritual presentation which uncle **Dr. Douglas Yeo** presented on Thursday, 3 December 2015 at our Universal Spirituality Program.



Mayank Patel

(Continued on next page)

Sai Spiritual Education Classes for Children

Time:

10.30 am -12.30 pm

Venue:

**RAIN property,
501 Forest Rd., Penshurst, NSW 2220**

Dates for SSE classes:

**(Please have the venue and dates
confirmed by Rajeshwari Singh for
JANUARY 2016 classes)**

Tel: 02 9584 3001

Mobile: 0450 521 983

Email: rajeshwari16@hotmail.com

Parents are requested to serve their Children by enrolling them for instilling education in human values as basic principles in building their good character at home, in school, at work place, in the society and in the nation.

Sathya Sai Centre of Hurstville has a qualified and experienced SSE Teacher giving service to parents and children.

Children from all faiths are welcome

*"The end of education is character."
- Sathya Sai Baba*

Gayatri Yagna

(Laksha Archanam)

*Chanting Universal Prayer in Sanskrit
language with rituals*

Date: Friday, 8 January 2016

Time: 8.00 pm

Venue details:

At the residence of:

**Kamal & Usha Kant
6 Clover Avenue, Casula,
NSW 2170**

Tel: 02 9600 2979

This service program is conducted outside the Centre by a group of Centre members for peace and happiness in the world; and to disseminate awareness of Sathya Sai Baba's teachings to the general public. The program is held at homes of people in the society at their request.

Contact R.D. Patel - 02 9570 5298

(Continued from previous page)

By profession Dr. Douglas Yeo has been a General Medical Practitioner in Sydney for many years. He has included in his practice, his great interest and experience in treating his patients with holistic medicine.

Also he has been a very active member of Sathya Sai International Organisation of Australia & PNG for many years and has conducted numerous presentations on vegetarian diets and non-violence within the organisation.

At the outset, uncle **Dr. Yeo** emphasised on understanding of the violence first to understand the non-violence. He said that when we get up from our sleep or meditation, we are sucked up and attracted towards outside world and our wants or desires keep on increasing because our thoughts (mind) keep assimilating on the facts gathered by our body senses. In return the mind causes all our senses to try to achieve our desires, which if achieved, make individuals very happy (satisfied). However these attractions to the outside world causes human nature to become competitive, as they feel threatened that someone else might get ahead of them.

This worry, for many people, causes sleepless nights, leading to tense emotions, which make individuals feel depressed, angry and so on. For example, when someone drives ahead of you (road race) or someone overtakes you, you see someone as having taken your rights and you get affected and agitated.

The only way that we can control this bad effect is through sense control. Sense control means turning our senses to get attracted to our real Self inside, which is the real essence of our existence as human beings. All that exists and appears outside us as real are in fact unreal manifestations of the Reality (Divine Consciousness or the Creator).

However, this is not easy to grasp and practice, as the senses are stuck to our eyes, and failure to master self-control or sense control is what which leads to violence. When we compete with others for our survival in the materialistic world, we hurt others by various means. Also we hurt ourselves when we do not meet our desires or expected results. Self hurting is also the violence committed against ourselves.

As Sai devotees we are passing through to understand and follow non-violence. However at first we need to understand the occurrence of violence in our own life. For example, husband or wife did not wash the dishes properly. Carelessness or being inconsiderate to each other, at home or else-where, causes violence to both the parties. This applies to everyone whether we are in relationship or not. Thus the violence occurs in our daily life even though one is a spiritual person. To avoid such violence, we should be conscious at all time that our senses are not performing for our selfishness.

We need to stop precious time and energy in using violence as a tool to achieve all that we need in life, at the cost of another person's sorrow and loss. God has given us this life which is a gift for us to achieve liberation from further births and deaths. This we can achieve only through controlling the senses to avoid violence against others as well as against ourselves.

So we may be wondering how this emotional state of violence became so strong for individuals. The answer is very similar to a person who is exercising in the gym, building muscles, by carrying heavy weights. The constant resistance builds the muscles. Basically we have been exercising this muscle of violence for so long that it has formed a habit within us. Breaking this habit of violence, can only be achieved through self-examination. We need to be aware of our micro decisions. For example, when someone breaks a promise, we react by saying, "I don't care," or "I can't trust people," or "Men or women are terrible," or "Women can't be trusted" and so on. These so called micro decision go into our subconscious mind, which add onto the negativity that influences our behaviour when we react to such situations.



Dr. Douglas Yeo

(Continued on next page)

Self Transformation Programs (STP) For Januar 2016

The Self Transformation Programs of the Sathya Sai Centre of Hurstville will be held as follows:

Group 1

At the residence of Brian & Satya Champness
16 Hillcrest Ave, Morebank, NSW
at 7.30 pm

For schedule date, contact:
Group 1 facilitator, Brian Champness -
02 9601 4030

Group 2

At the residence of
R.D. & Meenaben Patel
816 King Georges Rd., Hurstville, NSW
at 8.00 pm
Tel: 02 9570 5298

For schedule date, contact:
Group 2 facilitator, R.D. Patel :
02 9570 5298

Group 3

At the residence of Nirupa Prasad
3/162 Harrow Road, Kogarah. NSW
at 7.30 pm
Tel: 02 9599 2421

For schedule date, contact:
Group 3 facilitator, Nirupa Prasad -
02 9599 2421

Self Transformation Program is conducted outside normal programs of the Centre where participants serve each other by sharing spiritual knowledge and understanding the reality that we are in fact one in the Spirit.

This service is also open to general public who are interested to participate in this study circle, understand and practise the principles of Nine-point Code of Conduct laid down by Sathya Sai Baba for spiritual growth.

Those who wish to join the STP, please contact:

STP Supervisor, Jitendra Sahani
02 8060 5429

STP Coordinator, Brian Champness
02 9601 4030

(Continued from previous page)

If we are unaware of these micro decision, they lead to depression. We may wonder, how these small micro decision effect our lives. The answer to this is very simple. Each decision that we make has an impact on every part of our body and the life style. So saying, "I don't care about people," reflects in every part of our body and life style such as work, family and society, which follows the law of Karma, producing negative results. So every time we make a micro decision we should say, "No! I do care about people, I am in this Divine drama of life" and accept things gladly as they come.

People subconsciously blunder throughout life not even aware of their wrong micro decisions. So we need to be aware and follow the path of non-violence, which can only be achieved by paying attention to these micro decisions and attention to the negative feeling. Then we will learn that there is a common ground between them. Write down every experience that triggers you and you will be surprised that you were not aware that something you were doing constantly for the last 3 decades, you have learnt it in one week.

Remember that depression has nothing to do with the tablets that the doctor gives us. Depression is when our wish has been threatened.

Always remember that a wish is only a materialistic desire. Sai always said that what you think belongs to you, really belongs to Sai. So if you believe that this is your car, remember that it was through Sai's grace that you have a car. Even this body, which has been given to us is also Sai's body to do His work.

As we can see that we have forgotten the purpose of life which should be:

- To pay back our karmic debts (Be happy at all results)
- To discover that essentially we are God (Self-knowledge)
- To become God (Self-realisation)

When Sai says, "I am God." He is aware that He is God. However, we are also God, which we are unaware of.

Sai further says there is nothing wrong in chasing materialistic goals, we need to have two legs, one leg for Sai and the other for worldly goals. It is the excessive goal which chases for bad micro decisions.

So whenever we have any wishes, connect it to Sai; offer the fruits received to Sai; Do it with the intension to help the society.

Opposite of violence is love

So when we reach the highest or the deepest level of non-violence, we will learn that opposite of violence is unconditional love for the same Divine principle existing in all.

By our sense control, our thoughts are transformed. When we were not aware of our positive micro decisions and start living in good thoughts, words and deeds, we master Sai teachings, which will change us from being violent to non-violent.

Christmas Cheers for Elders in Hillcrest Nursing Home

Many of us see elders as burdens rather than blessings. At times we are quick to forget the sacrifices they made for us when they are in need of care from us. Instead of keeping them in our homes — whenever that is safe and feasible — we put them in retirement communities or nursing homes, sometimes against their will. We often do not value the reservoir of wisdom they have accumulated over the years, discarding it as outdated.

However, not all elders need or want constant, live-in care in their children's homes. Instead, they may prefer to live in a community with other people of their age, independently. Nevertheless, regardless of the circumstances, we still have a duty to our elders. If they are in need of any assistance, we should help them. If they are sick, we should take care of them. If they need help with household and or yard work, we should step up to assist. If they are under the care of a nursing facility, we need to make frequent visits to cheer them up.

(Continued on next page)

Universal Spirituality (Human Values) Program

**Thursday,
7 January 2016**

Sathya Sai Centre of Hurstville presents Universal Spirituality Program on every

1st Thursday of the month from 7.45 pm - 9.15 pm based on Eternal Universal Spiritual Principles

People from all faiths are welcome

Program includes:

- Meditation on Cosmic Sound
- Earth Anthem
- Group devotional singing
- Universal Prayer
- Interactive workshop
- Prayer for world peace

The program concludes with refreshments

For more information contact:

*Program Coordinator -
Satya Bhama*

Tel: 02 9601 4030; 0419 264 060

*Program Editor -
Ravi Shankar*

Tel: 02 9588 7413; 0422 507 296

(Continued from previous page)

Sathya Sai Centre of Hurstville celebrated Christmas 2015 by visiting Hillcrest Nursing Home in Oatley, NSW on Sunday, 20 December 2015 at 2.30 pm. The Christmas Cheer Program included: singing Christmas carols, Santa Claus, Christmas gifts and well wishes to every elder in the home. The serving participants included Sai devotees of Hurstville Sai Centre - adults, youths and SSE children. It was a real day of Christmas mood and the celebration turned out to be purposeful.

Glimpses of the service

Participants doing overtime in wrapping Christmas gifts for nursing home elders.

The gifts were contributed by the members of Sathya Sai Centre of Hurstville.



Singing Christmas Carols



Santa Claus and children Cheer-up elders with Christmas gifts and well wishes

Office Bearers

Sathya Sai Centre of Hurstville

President

R.D. Patel

Tel: 02 9570 5298; 0402 115 298

Vice President

Nikunj Patel

Tel: 02 87357 305; 0411 822 971

Devotional Coordinator

Aruna Shankar

Tel: 02 9588 7413; 0401 615 799

Education Coordinator

Rajeshwari Singh

Tel: 02 9584 3001; 0450 521 983

Service Coordinator

Bill Andrianopoulos

Tel: 0422 592 968

Ladies Wing Coordinator

Shobhana Kissun

Tel: 02 9742 1015; 0412 474 717

Youth Wing Coordinators

Priya Patel (f)

Tel: 02 8735 7305; 0402 961 463

Mayank Patel (m)

Tel: 02 9570 5298; 0403 697 912

Ad-hoc position holders**Treasurer**

Dr. Gunu Naker

Tel: 02 9522 0357; 0438 283 411

Youth Advisors

Jitendra Sahani (m)

Tel: 02 8731 1372; 0434 652 558

Nirwarni Sahani (f)

Tel: 02 8731 1372; 0414 706 735

Universal Spirituality Program**Program Coordinator -**

Satya Bhama

Tel: 02 9601 4030; 0419 264 060

Program Editor -

Ravi Shankar

Tel: 02 9588 7413; 0422 507 296

Bhajan Coordinators

Ratish Thapa

Mob: 0432 021 606

Satya Bhama

Tel: 02 9601 4030; 0419 264 060

Centre External Program Coordinators**Gayatri Yagna Co-ordinator**

R.D. Patel

Tel: 02 9570 5298; 0402 115 298

STP Supervisor

Jitendra Sahani (m)

Tel: 02 8731 1372; 0434 652 558

STP Program Coordinator

Brian Champness

Tel: 02 9601 4030; 0411 152 070

STP Group 1 Facilitator

Brian Champness

Tel: 02 9601 3001; 0411 152 070

STP Group 2 Facilitator

R.D. Patel

Tel: 02 9570 5298; 0402 115 298

STP Group 3 Facilitator

Nirupa Prasad

Tel: 02 9599 2421; 0412 128 217

JANUARY 2016 - Calendar of Spiritual Activities

Thursday, 07/01/2016

Universal Spirituality Program

7.45 - 9.15 pm

Meditation

Earth Anthem

Devotional singing

Multi-faith prayers

Interactive Workshop:

"Human Values and Rituals"

By: Ravi Shankar

Prayer for world peace

ALL WELCOME

Thursday, 21 /01/2016

Centre normal program by Ladies Wing

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

Friday, 08/01/2016

(External Program)

Gayatri Yagna

Time: 8.00 pm

At the residence of:

Kamal & Usha Kant

6 Clover Avenue, Casula, NSW 2170

Tel: 02 9600 2979

For more detail call: R.D. Patel - 02 9570 5298

ALL WELCOME

Thursday, 28/01/2016

Centre normal program by Youth Group

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

Thursday, 14 /01/2016

Centre normal program

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

Saturday, 30/01/2016

(External Program)

NSW Region East Unity Meeting

HOSTED BY:

SATHYA SAI CENTRE OF HURSTVILLE

Venue: Strathfield Girls High School, Albert Rd., Strathfield, NSW

Time: 2.30 - 5.30 pm

ALL WELCOME

Sunday, 17/01/2016

(External Program)

Nursing Home Service

Time: 2.30 - 3.30 pm

Venue:

Hillcrest Nursing Home

11 Mimosa Street

Oatley, NSW

ALL WELCOME

NSW Region East Unity Meeting

Saturday, 30/01/2016

Hosted by

Sathya Sai Centre of Hurstville

All centre participants are requested to share the service involved in hosting this program and be at the Unity Meeting venue by 1.30 pm

Details of service needed will be announced during our centre programs on Thursdays and through centre president's email.

*To all participants of Sathya Sai
Centre of Hurstville & Friends*

Welcome

2016

With a Smile

A Spirit of Giving

A Sense of Humanity

A Pledge to Spread

Peace and Happiness

A happy new year to all

From the Coordinating Committee

of

Sathya Sai Centre of Hurstville, NSW