

Sathya Sai International Organisation, 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, 20 March 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 the Hurstville Sathya Sai Centre are principally based on Universal Spiritual Principles, stressing the importance of basic Human Values in our every thought word and deed, thereby harmonising these three to develop to the awareness of the One called 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.

Human Values – The Way of Life

Meera Janarthana



Meera Janarthana

Ms Meera Janarthana is the former Ladies Coordinator and current Education Coordinator of NSW Region East, Sathya Sai International Organisation, Australia and PNG. She is a long time Sai devotee and has also served as an office bearer in the organisation for many years at Sai centre level. Recently she was selected to present a human values workshop in the 'Universal Spirituality Program' of Sathya Sai Centre of Hurstville. She kindly accepted the opportunity. Below is a brief account of her presentation, "Human Values - The Way of Life" which she presented on Thursday, 5 February 2016.

In the presentation, "Human Values-The way of life", an understanding of the term, 'Human Values' had been explored, including the importance of educational institutions that incorporated these human values and finally we looked at examples of people who lived by these values.

The presentation looked at education institutions established in Thailand and Zambia. The people instrumental in establishing these institutions were Dr Art-Ong Jumsai and Victor Kanu, respectively.

Dr Art-Ong Jumsai emphasised the importance of education based on human values being crucial to character development. As we know, Sathya Sai Baba's says, "The end of education is character".

A video was shown on how the school operates in Thailand. It was evident that such a school, not only aims to raise the consciousness of students, but it also promotes the children's awareness to value and respect their environment. - (Continued on next page)

Sai Spiritual Education Classes for Children

Time:

10.30 am -12.30 pm

Venue:

**49 Bonds Road, Peakhurst NSW
2210**

Dates for SSE classes:

**(Please have the venue and dates
confirmed by Rajeshwari Singh for
March 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."

Gayatri Yagna

(Laksha Archanam)

*Chanting Universal Prayer in Sanskrit
language with rituals*

Date: Friday, 11 MARCH 2016

Time: 8.00 pm

Venue details:

At the residence of

Sunita Rambisheswar

18/14 Werona Avenue, Padstow, NSW

Tel: 02 8710 4463

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)

Another such school, based on the human values, was established in Zambia by Victor Kanu. It was built in one of the world's poorest nations. These very children made the school famous, because after two years when they sat for the national school examination, their grades of achievement were the highest in the country. The unconditional love was the basic ingredient in transforming these children who were deemed failures.

Victor Kanu states that the success of this school is due to the adoption of the Human Values Program in their curriculum.

*"They (the authorities) saw the practical application of **Truth, Love, Peace, Righteousness and Non-Violence** by us, the teachers, my wife and I. We groomed the students, we made them become exemplars of **love**. We made them feel that they were our children. We just poured **love, love** and more **love** into them; this was something they had never experienced at home."*

The life and the work of Mother Teresa was included in this presentation. In particular, her work in the establishment of a home for the dying, a home for babies and a colony for lepers. According to her, the biggest problem was not the disease but the lack of **love**, charity and the feeling of being unwanted. The only weapon that she carried was the weapon of **love**. With this she fearlessly carried out her work knowing that she was just an instrument in God's hand. Such was her confidence.

Living by adherence to **human values** should be the way of life. The lives of people, such as Mother Teresa, Dr Art Ong Jumsai and Victor Kanu serve as examples for us to follow. These people had invested and sacrificed their time to elevate and show mankind the right path. There are many people like them, whose lives are worthy of study. A life that is lived with respect and observance to the five **human values** is the path towards perfection. Who is perfect? It is God. This can be represented in the following mathematical expression:

Truth + Right Conduct + Love + Peace + Non-Violence = God

In following this path, we are unlocking the key to discovering our own true nature that in reality we are divine.

(The audience expressed their appreciation to this very valuable presentation)

THE UNCONDITIONAL LOVE - THE WAY OF LIFE

FIJI's main tourism destinations are safe, as an Australian couple have recently described their experience.

The pair from Queensland's Sunshine Coast arrived at Sofitel on Monday for a two weeks holiday. They brought along with them a suitcase full of items to assist with recovery efforts in the badly devastated Fiji Islands. Their unconditional love for the suffering Fijian Cyclone victims was amazing.

The wife said, *"We just want the people of Fiji to know that we support you during this time and we wish them a speedy recovery."*

She continued, *"We did not want to cancel our booking because we thought us coming despite everything would be good for Fiji tourism. We saw and heard a lot on the news about the destruction but we wanted to come anyway."*

She said the road from the Nadi International Airport to Denarau Island was mostly unaffected.

She said, *"We did not see much damage on our way from the airport and plus the resort we're staying at, did not receive much damage either."*

She said the relief items were basic emergency kits. *"We have a basket of torches, first aid kits, bandages and basic items that would be needed by people during emergencies."*

The donation was handed over to The Fiji Times to channel it to appropriate needs.

(How much can one be touched by just a small thoughtful act of unconditional love to a needy person? Is there any power greater than unconditional love? What would happen to this chaotic world if mankind today follows this example of "Love in Action." I leave it to our readers to comprehend and follow this divine principle as a way of life. - Editor)

Self Transformation Programs (STP) For MARCH 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

Hope And Inspire To Serve - The Way of Life

A Fijian plight: *Source of information - The Fiji Times*

GETTING over the effects of Severe Tropical Cyclone Winston will be difficult, however, one family has decided that optimism, share and care is the way forward.

Joe George explained that Severe TC Winston destroyed their home at Kaciaga settlement in Rakiraki but because the next nearest house was more than a mile away, their only refuge was a fallen tree.

"Even today we have just put a small tarpaulin over the branch of that fallen tree and that's where we sleep," said Mr George.



"Last night we had such a good night's sleep under the stars.

We only went under the tarpaulin when it started raining.

"Food is not a problem right now because my son and daughter have salvaged whatever they could from their farm. They have been good Samaritans by just stopping by and giving us food."

Mr George said he was overwhelmed by the kindness showed by ordinary Fijians who stopped by to offer their assistance and words of encouragement.

"It's just so good to see that Fijians still care so much for each other. Just now a Fijian couple of Indian descent dropped off a bucket of biscuits and some noodles.



Before that an i-Taukei man dropped off some tinned stuff and Ram Sami dropped off some eggs."

"We were quite worried about our food and water in the very beginning but thanks to these wonderful people, that's sorted for now at least until we make arrangements. I know many have been affected a lot worse than us and I sympathise with them but I would just like to offer a small advice:

"This is not the end for us and we are strong people. We may have been knocked down, but I strongly believe that we will get right back up because we're Fijians and Fijians don't give up."

Universal Spirituality (Human Values) Program

**Thursday,
3 March 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

Selfless Service to the Victims of Tropical Cyclone Winston in Fiji -

The Way of Life

The release 467 GI of Sathya Sai International Organisation, Australia & PNG articulated the devastation left by the tropical cyclone Winston, a category 5 super storm that affected many towns and villages in Fiji, flattening homes and key pieces of infrastructure causing 42 human deaths.

Relief efforts are currently being supported to thousands of affected Fijians by the Sathya Sai International Organisation, Fiji.

We have a couple of key members of our Australian Sai organisation who have been in daily conference calls with a couple of key members of the Sai Organisation in Fiji. Due to the logistical challenges on the ground, the key advice and direction given to date from our service team in Fiji is that there is an **immediate need** for us to support the cyclone victims with our voluntary financial assistance from Australia.

Our cash donations will facilitate the purchase of the food and other necessities of life locally. This will expedite the relief effort to reach the victims timely.

Please be aware of the devastation that Cyclone Winston has left behind, and the support we can provide from here in Australia is an opportunity to serve selflessly. Our options to support financially are as described in release 467 GI and as provided below.

Option 1: Direct transfer of funds to Fiji

Sathya Sai Service Organisation of Fiji
Bank Account Number: 5068985
ANZ Bank, Suva Branch, Fiji
SWIFT code: ANZBFJFX

Contact person for this account:

Mr Mohan Lal, National President, Sathya Sai Service Organisation of Fiji
19 Ragg Street, Martintar, Nadi, Fiji.

(Please provide a note to mohanlal009fj@gmail.com including your name, your postal address, amount and date transferred; for acknowledgement of receipt if needed.)

Option 2 : Cheque/money order made payable to:

"Sri Sathya Sai World Foundation, Australia – Fiji Cyclone Relief Fund"
Post to Mr Rajiv Shanmuganathan, PO Box 782 Kellyville, NSW 2155

Kindly note that Sai organisation in Australia has exhausted its plan to collect clothing and bedding. Clothing is no longer collected by Sai organisation in Australia.

**For any further information, please contact our Hurstville Sai Centre
Service Coordinator: Bill Andrianopoulos -**

Tel: 0422 592 968

Email: b.andrianopoulos@gmail.com

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

Bhajan Coordinators

Ratish Thapa

Mob: 0432 021 606

Satya Bhama

Tel: 02 9601 4030; 0419 264 060

Public Outreach Program Coordinators**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

Gayatri Yagna Co-ordinator

R.D. Patel

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Brian Champness

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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

MARCH 2016 - Calendar of Spiritual Activities

Thursday, 03/03/2016

Universal Spirituality Program

7.45 - 9.15 pm

Meditation

Earth Anthem

Devotional singing

Multi-faith prayers

Interactive Workshop:

"Love in Action"

By: Dr. Gunu Naker

Prayer for world peace

ALL WELCOME

Sunday, 20/03/2016

(External Program)

Nursing Home Service

Time: 2.30 - 3.30 pm

Venue:

Hillcrest Nursing Home

11 Mimosa Street

Oatley, NSW

ALL WELCOME

Thursday, 10/03/2016

**Shivaratri program
(significance of Shivaratri)**

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

Thursday, 24/03/2016

Easter Program

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

Friday, 11/03/2016

(External Program)

Gayatri Yagna

Time: 8.00 pm

At the residence of:

Sunita Rambisheswar

18/14 Werona Avenue, Padstow, NSW

Tel: 02 8710 4463

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

ALL WELCOME

Saturday, 26/03/2016

(External Program)

NSW Region East Unity MeetingVenue: Strathfield Girls High School,
Albert Rd., Strathfield, NSW

Time: 2.30 - 5.30 pm

ALL WELCOME

Thursday, 17/03/2016

**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

Thursday, 31/03/2016

Youth Group Program

7.45 - 9.15 pm

Devotional Singing

Multi-faith prayers

Sai Spiritual Lesson

Arati

Prayer for world peace

ALL WELCOME

MAHA SHIVARATRI AKHAND BHAJAN

Hosting Centre: Strathfield Sai Centre

Venue: Strathfield Sai Centre,
1, Hunter Street,
Strathfield NSW

Date: Monday, 7 March 2016

Hurstville Sai Centre Time Slot

9.45 - 10.45 p.m.

Note: Hurstville Sai Centre Members who want to lead devotional singing (Bhajan), please give your name and Bhajan lyrics to:

Centre Bhajan Cordinator: Satya Bhama

All Welcome