

# Sathya Sai International Organisation of Australia & PNG, ACT Region

## Sai Connect

October 2018



### Sai Events in September



Krishna Janmashtami at Torrens Centre



OzHarvest Food Drive Collection



Young Adults' Parthi Pilgrimage Launch



Mental Health Workshop in collaboration with Sai Medical Unit

### Sai Calendar

Avatar Day	Saturday, 20 Oct.
Global devotional singing	Saturday & Sunday, 10-11 Nov.
Ladies' Day	Sunday, 18 Nov.
Advent of Sathya Sai Baba	Saturday, 24 Nov.

### Sai Centre programs details

#### North Canberra Centre:

**Venue:** Canberra Senior Citizens' Centre  
**Address:** 10, Watson Street, Turner  
**Devotional singing:** 10:00 am every Sunday  
**Contact:** Rajan (0412 879 537)

#### South Canberra Centre:

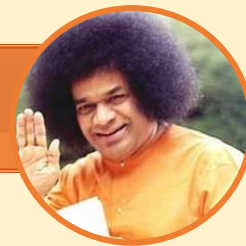
**Venue:** Torrens Community Hall,  
**Address:** 95 Batchelor Street, Torrens  
**Devotional Singing:** 3:30 pm every Sunday  
**Contact:** Mani (0428 689 333)

#### Tuggeranong Centre:

**Venue:** Erindale Neighborhood Centre  
**Address:** Cir. Sternberg and Comrie Streets, Waniassa  
**Devotional Singing:** 7:30 pm every fortnight on Thursdays  
**Contact:** Nanda (0422 745 147)



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## Snippets from Recent Sai Events

### 'Mind your Mental Health' Workshop

A workshop titled "Mind your Mental Health" was organised by the Sai Medical Unit and ACT Region of the SSIO in partnership with doctors from Canberra. The workshop was staged close to 'RU OK? Day' which fell on 13 September 2018.

The workshop was dedicated to reminding everyone that any day is the day to ask, "**Are you ok?**", and to inspire and empower everyone. It was carefully designed to cover a range of age and gender groups and create an awareness of mind-related issues including advice of when to seek a medical professional's assistance and how that professional can meet the needs of those affected.



#### Key points covered by the workshop were:

- Anxiety, depression and behavioral issues in children
- Women's health issues including post-natal depression, domestic violence and menopause
- Men's health including difficulty of living with depression
- The role of spirituality in assisting with mental wellness

Simple points were made such as '**a smile a while keeps anxiety away**' and the need to realise and accept that life is a roller coaster state of ups and downs and we must embrace life in its entirety to be able to ride the roller coaster.

As rightly said by Sathya Sai Baba in 1959, man suffers from two types of ills, physical and mental. They are caused by disequilibrium of the three tempers and the three gunas, i.e., attribute or personality. Physical health is a prerequisite for mental health, and mental health ensures physical health.

#### Useful Websites:

\* Beyond Blue : <https://www.beyondblue.org.au/> \* Lifeline: <https://www.lifeline.org.au/> \* R U OK : <https://www.ruok.org.au/>

## Service opportunities

#### IRT Kangara Service:

**Service Description:** Spending time with elderly residents at IRT Kangara Waters by undertaking activities such as singing, conversations over a cup of tea or coffee and snacks.

**Frequency:** Once a Month on the first Saturday of the Month

**Contact:** Chandra – 0432 221 554

#### Night Patrol Service:

**Service Description:** Providing food to needy people in Tuggeranong along with a friendly conversation.

**Frequency:** Once a Month

**Contact:** Chandra – 0432 221 554

Many service activities and Sai Organisation activities require you to have a Working with Vulnerable People Card. Have you already got your WWVP Card? If not, you can apply from the following website: [www.accesscanberra.act.gov.au](http://www.accesscanberra.act.gov.au).



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## Sai Calendar

October 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6 IRT Kangra**
7 Devotional Singing (NC & SC)*	8	9	10	11 Devotional Singing (T)*	12	13
14 Devotional Singing (NC & SC)*	15	16	17	18 Navratri Devotional Singing at Mawson Temple	19	20 Avatar Day
21 Devotional Singing (NC & SC)*	22	23	24	25 Devotional Singing (T)*	26	27
28 Devotional Singing (NC & SC)*	29	30	31			

### Notes:

\* NC: North Canberra Centre \* SC: South Canberra Centre \* T: Tuggeranong Centre \*\* IRT Kangara: Service Activity