

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

## Sai Connect

April 2019



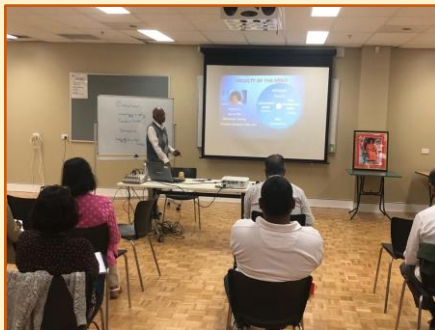
### Sai Events in March



Clean up Australia Day



Maha Shivarathri Celebrations



Minding the Mind Workshop



Vinnies Night Patrol Service

### Sai Calendar

IRT Kangara: Service Activity	Saturday 6 April
Vinnies Night Patrol Service	Wednesday 10 April
Sai National Conference (Sydney)	Friday 19 to Sunday 21 April
SSS Aradhana Mahotsavam	Wednesday 24 April
Karinya House Service Project	Wednesday 24 April

### Sai Centre program details

#### North Canberra Centre

**Venue:** Canberra Senior Citizens' Centre  
**Address:** 10 Watson Street, Turner  
**Devotional singing:** 10:00 am every fortnight on Sundays  
**Contact:** Kuga (0466 455 630)

#### 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 Neighbourhood Centre  
**Address:** Cnr. Sternberg and Comrie Streets, Waniassa  
**Devotional Singing:** 7:30 pm every fortnight on Thursdays  
**Contact:** Nanda (0422 745 147)

## Upcoming Celebrations & Events

### SSS Aradhana Mahotsavam

To mark Aradhana Mahotsavam, ACT Region Sai followers will come together to strengthen their resolve to make their lives His Message of Love.

**Date:** Wednesday, 24 April 2019

**Time:** 7:30 pm to 9:00 pm

**Venue:** Albert Hall, 100 Commonwealth Avenue, Yarralumla

### Mothers' Day Walk

ACT Region's Ladies' Wing plans to join the Mothers' Day Classic Walk on Sunday, 12 May 2019 to mark Easwarrama Day. The assembly point will be at Ronda Terrace, Lake Burley Griffin at 9:40 am.

Those wishing to join this walk are to register via

<https://www.mothersdayclassic.com.au/events/event-map/canberra/>



# Sai Connect



## Snapshots on Sai Lifestyle Program

### *"Minding the Mind for Spiritual Growth"*



The Sai Life Style program is designed to support the Sai followers across the ocean of life through the practical application of Sathya Sai Baba's teachings. This program has been established as a follow-up program to the successful Self Transformation Program (STP) which was launched Australia wide in 2018. It is hoped that the new program, 'Sai Life Style' will capitalise on the learnings from STP and assist Sai followers to continue on their journey of realising their inherent divinity.

The two modules that have been released under the Sai Life Style program to date are 'Communication and active listening' and 'Minding the mind for spiritual growth'. The ACT Region of the Sathya Sai International Organisation of PNG organised in 2018 the workshop titled 'Communication and active listening' and it was conducted by Jenny Monson.

The workshop on 'Minding the mind for spiritual growth' was held on Saturday, 16 March 2019 and it was conducted by Cugan Cuganesan, a Senior Member of the Sathya Sai International Organisation of Australia and PNG. This workshop attended by about 14 Sai followers explored 'what is 'mind' and how the conscious mind, sub-conscious mind, ego and the intellect influence one's spiritual progress including self-transformation. The participants of this workshop felt that the work shop content was well researched and the presentation engaging and of benefit to their spiritual progress.

Those wishing to attend the future workshops to held under the Sai Life Style program are requested to contact their respective Centre presidents or devotional coordinators.

## *Clean Up Australia Day - from the perspective of Monisha Kanan*

On Sunday, 3 March 2018, the Sai followers in the ACT region got together at Edison Park in Woden to take part in the nationwide initiative, Clean Up Australia Day. The objective of Clean Up Australia Day is to help protect and care for the environment by empowering communities to clean up, fix up and conserve the environment. The Clean Up Australia Organisation aims to foster relationships between communities, businesses and the government to address environmental issues of waste, water and climate change.

Clean Up Australia Day was a great way for the all Sai followers in the ACT Region including Sai Spiritual Education (SSE) students and Young Adults to come together to help clean up the local area. On the day, the participants were provided with one bag for general rubbish and another bag for recyclable rubbish. The participants spent the morning walking through Edison Park and allocating rubbish into the respective bags. It was amazing to see about 41 attendees come together for this cause especially given the importance that Swami has placed on the connection between God, Nature and Man and the need for us to practice Human Values and 'Ceiling on Desires', for the purpose of taking care of our environment and for our own spiritual upliftment.





# Sai Connect



## Sai Calendar

April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2 Vedam Classes	3	4 Devotional Singing (T)*	5	6 IRT Kangara**
7 Devotional Singing (SC)*	8	9 Vedam Classes	10 Vinnies Night Patrol Service	11	12	13
14 Devotional Singing (NC & SC)*	15	16 Vedam Classes	17	18 Devotional Singing (T)*	19 Sai National Conference (Sydney)	20 Sai National Conference (Sydney)
21 Devotional Singing (SC)* & Sai National Conference (Sydney)	22	23 Vedam Classes	24 SSS Aradhana Mahotsavam & Karniya House Service Project	25	26	27
28 Devotional Singing (NC & SC)*	29	30 Vedam Classes				

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