

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



Buddha Purnima

GREATEST SACRIFICE

The old woman approached Buddha staggering on her legs, and offered to him the pomegranate fruit. Buddha took it and immediately sounded the little drum. The Maharaja asked Buddha: "I offered so much wealth to you. You did not sound the drum. But you rattled it after receiving a small fruit. Is this a great sacrifice?" Buddha replied: "Maharaja! In sacrifice, it is not quantity that counts, it is the quality of sacrifice that matters. It is natural for a Maharaja to offer gold. But what great sacrifice is made when a hungry old woman offers the pomegranate fruit to the Guru despite her hunger. She did not care even for her life and gave the fruit. What greater sacrifice can there be? It is not a sacrifice to offer what is superfluous for you. True sacrifice means giving up that which is most dear to you, that which you value most."

– Sanathana Sarathi, July 1988

01/01/1974

Reflection Questions:

1. How can we not let attachment come in the way of sacrifice in this holy journey of life?
2. How can we get closer to the Divine using "true sacrifice"? How can we implement this in our lives?

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"Only the person who has developed purity in vision can have purity in thoughts"

SATHYA SAI BABA



DEVOTEE SPEAKS

Savārtha Siddha, as we know as Buddha, was the child of King Shuddhodhana and his wife Mayadevi. At Buddha's birth, Mayadevi passed away and King Shuddhodhana married Guatami who raised Buddha as her very own and why he is referred to as Gautama. As years went by, Gautama married Yashodhara and had a son, Rahul. Despite everything in his life, he felt he was living a life narrated by his parents as his father feared Gautama would never take over his heir as the astrologers predicted. One day, Gautama left in the middle of the night to the forest, leaving his son and wife. His difficulties in the forest helped him attain self-realization as He was exposed to the reality outside the doors of the palace and declared "Sangham Sharanma Gachchaami", meaning "Hands in the society, head in the forest". His purpose at this time was to promote the welfare of society. Gautama received the name Buddha as he was intellectual and developed fundamental discrimination (concern of the welfare of all). At the time of Buddha's Nirvana, He had said, people should not have tears of sorrow but tears of joy and live with happiness.

The meaning of Buddha's life message is "Sarvam Kshanikam, Kshanikam, Sarvam Nashyam Nashyam"; everything is momentary, everything is perishable, nothing will truly last. As society, we lose focus of our surroundings and live a life always on the go and never take the time to worship and truly see the present moments. It is this unfortunate that causes people to grieve when a loved one passes. The feelings of regret of wishing you had spent more time with them and shedding tears of sorrow. Buddha explains tears should not be shed for a dying person as they are tears of grief over a soul leaving. Instead, He states, understand the truth of the experience that is in death, and one shall understand the Divinity and Supreme Bliss that is achieved. Thus, feelings of sorrow and tears of sadness will never achieve Nirvana, hence achieve wholeness through a life filled with Buddhi (intellect), love, happiness, good thoughts, and most importantly, enjoying every moment in life.



*People must
gradually outgrow
their material
attachments and
develop divine love.*

SATHYA SAI BABA

VICE-PRESIDENT'S MESSAGE

Aum Sri Sai Ram,

On behalf of the Sri Sathya Sai Baba Centre of Cooksville, I would like to start off by thanking all of you for your continued support of Sai Dharmam and hope you continue to support the great work by the Sai Dharmam team. Hope all of you were able to partake in the bliss of the Aradhana Mahotsavam celebrations and reflect on the life and the message of our dear lord, Bhagwan Sri Sathya Sai Baba.

On May 6, Mother Easwaramma's life is celebrated around the world by remembering her exemplary life, performing acts of selfless service for the needy, and singing the glories of God. During the course of her life, Mother Easwaramma never asked for anything for herself. In fact, when Swami granted her three wishes, she asked for free education, free healthcare and drinking water for her community. It is no great surprise that Swami chose that exalted soul to give birth to his physical form.

To honor Mother Easwaramma, the Education Wing has chosen the theme of "Respecting Mother Earth" and therefore the Sri Sathya Sai Baba Centre of Cooksville will be organizing a park clean-up at Huron Heights Park on Saturday, May 6 from 10am to 12pm. SSE Children from Groups 1 and 2 will take part in the park clean-up and in a plant swapping exercise with their peers. Meanwhile, Group 4 and Group 3 students will be involved in sandwich projects on May 6 and May 13 respectively.

We welcome all members to offer their support and guidance in the above activities. Please feel free to contact any of the office bearers if you need more information. Hope all of you have a very pleasant and blissful month. Jai Sai Ram!

MONTHLY CALENDAR

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 BHAJANS - YOUTH ADULT	5 UNIVERSAL HEALING PRAYERS	6 ESHAWARAMMA DAY SANDWICH PROJECT
7	8	9	10	11 BHAJANS - SSE STUDENT	12	13 SSE CLASSES VIRTUAL SSE GROUP 3 AT CENTRE
14	15	16	17	18 BHAJANS - ADULTS STUDY CIRCLE	19	20 NO CLASSES VICTORIA DAY
21	22	23	24	25 BHAJANS - MIXED BHAJAN <small>jominis- Gayathri Chanting</small>	26	27 SSE CLASSES VIRTUAL SSE GROUP 4 AT CENTRE
28	29	30	31			





GAME

Sairam, please scan and QR code and enjoy the game

BHAJAN

Sai Natha Bhagawan Sai Natha Bhagawan
Sathyam Shivam Sundaram Sai Natha Bhagawan [Sai Natha...]
Buddham Sharanam Gachchami
Dhammam Sharanam Gachchami
Sangham Sharanam Gachchami
Sayeesha Sharanam Gachchami (Sathya)

Meaning

O Lord Sai, You are the Truth, Auspiciousness and Beauty. I take refuge in Buddha (the enlightened one); I take refuge in Dhamma (the ultimate Truth); I take refuge in Sangham (the holy community). To Lord God Sai, I surrender all.