

**MERRY  
CHRISTMAS**



# **SAI DHARMAM**

**Sri Sathya Sai Baba Centre of Cooksville**

## **WHAT IS CHRISTMAS?**

What is the true meaning of Christmas? When we think of Christmas we think presents, if I got what I wanted, decorations, parties, cards and etc, but do you really know the true meaning of Christmas? Christmas is about the birth of Jesus as well as giving and having a good time with both friends and family. The true meaning of Christmas is about giving food, toys, clothes, and many more. The real celebration of Christmas is the celebration of the birth of Christ in our hearts. That is to say, the birth of selfless love, peace and joy. Jesus sacrificed everything for the sake of

compassion, righteousness and peace. So his birthday has to be marked by the practice of at least one of the ideals that he held so dear. Like all prophets and avatars, he incarnated to remind man that the kingdom of God is within him. Jesus not only brought joy to the world, he showed man the path to joy. 'J' stands for Jesus (or God) who should be one's first priority. 'O' stands for others, who should come next, and 'Y' for yourself, who should come after that. This is the path to Joy! Mary, the mother of Jesus represents the heart. And Jesus represents the joy and bliss that

arises in the heart. That is why Mary is pictured with the child Jesus in her lap. So the real celebration of Christmas is the celebration of the birth of Christ in our heart. That is to say, the birth of selfless love, peace and joy. Jesus sacrificed everything for the sake of compassion, righteousness and peace. So his birthday has to be marked by the practice of at least one of the ideals that he held so dear. Like all prophets and avatars, he incarnated to remind man that the kingdom of God is within him.

## THE BEATITUDES

According to Bhagawan Sri Sathya Sai Baba, Christmas is the time “you awaken the Christ in you.” He emphasizes everyone practice the divine qualities found in Lord Jesus, such as love, compassion and to whole-heartedly serve the needs of the under-privileged. Notably, today, Christmas has become a capitalistic holiday of buying gifts, feasting and revelry. However, it is important to remember, that this holiday also serves biblical significance, where we should appreciate the eight Beatitudes of Jesus and be aware of how we can apply it to our daily lives. Notably, the key differences between the Beatitudes in the New Testament and the Ten Commandments in the Old Testament include how the Beatitudes are characterized by love, but the Commandments are characterized by the Law of Moses and the Prophets. The Commandments were directed to humans who could Sin, and is the bare-minimum for salvation, while Beatitudes were lived by Jesus and are the ultimate means of salvation. By their nature, the Beatitudes are oriented towards practice

and brings peace in the midst of problems encountered by man.

The key similarity includes how both preach, that ‘joy comes from doing the will of God’. With this in mind, the first Beatitude: “blessed are the poor in spirit, for theirs is the kingdom of heaven”, explains the importance of humility and being humble. The second, “blessed are they who mourn, for they shall be comforted”, informs us that at times we pray to God, there exists a sense of love and gratitude for what he has granted us. But at the same time, a sense of mourning, in times when we think about the sufferings of others and find regret over our past sins. The third, “blessed are the meek, for they shall inherit the earth,” explains the importance of how one can be meek, by having self-control. One also interprets this Beatitude, by how God advises us to be obedient and submissive towards him. Furthermore, the fourth Beatitude, “blessed are they who hunger and thirst for righteousness, for they shall be satisfied,” preaches that from being moral and self-righteous, one can



fulfill their desires. The fifth, “blessed are the merciful, for they shall obtain mercy,” explains the importance of being merciful to others. The sixth, “blessed are the pure of heart, for they shall see God,” explains the significance of having a pure heart, free from selfish intentions and self-seeking desires. The seventh, “blessed are the peacemakers, for they shall be called children of God,” emphasizes the importance of bringing peace and friendship to others. Lastly the eighth, “blessed are they who are persecuted for the sake of righteousness, for theirs is

## WHO WAS JESUS?

Swami’s message is one that transcends religions; the message of love, and the way to achieve peace is not a message that is associated with any one religion or personality, but is prevalent across the board. In the religion of Christianity, this is no different. The message of Jesus was brought forth as a message of loving thy neighbour and being a good Samaritan, to promote forgiveness and foster empathy. Beginning as a “Messenger of God”, to declaring himself the “son of God” to finally announcing “I and my father are One”, the message of Jesus has evolved across time but carries the same underlying meaning. Many of

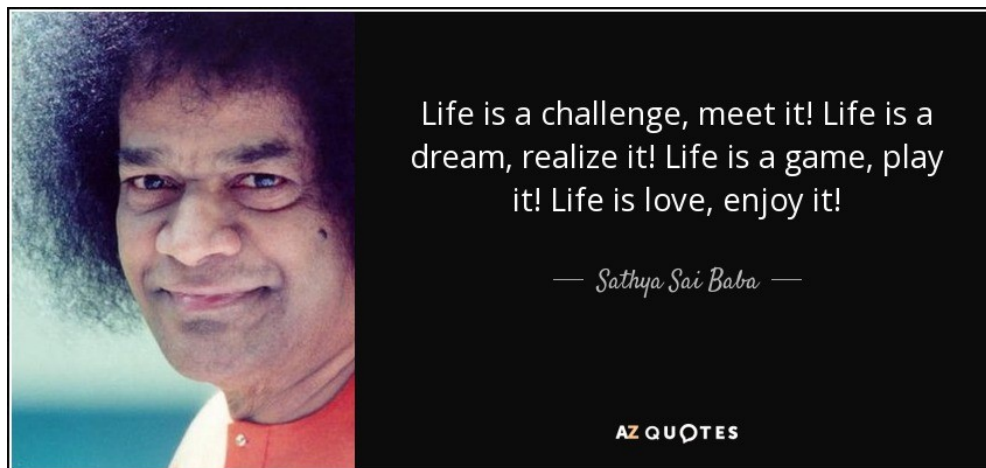
the messages proclaimed by Jesus included detachment of worldly items, living a moral life by means of truth and right-conduct, and respect for all faiths. All of these values are facts and truths we have heard many times over and over- so who really is Jesus? Jesus is a carrier of love, a messenger of truth and a guiding principle for living a life with morals and right-conduct. Similar to the message of Sai, the values and proclamations made by Jesus help the common man to attain the state of liberation and escape the cycle of birth and death.



## THE BEATITUDES

(Continued from page 2) the kingdom of heaven,” explains the importance of withstanding the sacrifices when following his teachings.

Although, all eight Beatitudes can be hard to practice at once, one can focus on a couple and try to implement the key principles of humility, charity and brotherly love, in any way they can. This can be in the form of volunteering at non-profitable/charitable organizations from time to time or helping someone in need when you see them struggling.



## PRESIDENT'S MESSAGE

November is being our bhagawan's 94<sup>th</sup> birthday, it was a happy and busy month for all of us with special events and celebrations. Annual Akhanda Bhajans were celebrated at Cooksville Sai Centre on Nov. 9<sup>th</sup> and continued at York Sai Centre singing Swami's glories in unison until 6pm of Nov. 10<sup>th</sup> in support of World peace.

Our sisters celebrated Lady's Day on Nov. 19<sup>th</sup> at the Cooksville Sai Centre as Swami initiated to emphasize crucial role of women in the society and their special duty to restore reverence and right action at home.

Bhagawan's 94<sup>th</sup> birthday was celebrated on two marvelous days. Saturday November 23<sup>rd</sup>, we held a lively birthday bhajan and heard SSE children chanting Veda, Youth & SSE Children's musical melody & Guest Speaker sister Dr Revathi Chennabathni's inspirational speech, principal at Sri Sathya Sai School, Scarborough.

Saturday November 30<sup>th</sup>, SSE children and Young Adults of Cooksville Sai Centre in collaboration with SSE Gurus presented an amazing play titled

### **“End of Education is Character”**

At Port Credit secondary School, Mississauga

Thanks to all the participants at Blood donation drive on Nov. 5<sup>th</sup> and to all the generous contributions of Non-perishable Food donation drive of completing yearly target 2019 pounds before Swami's Birthday.

Thank you, Bhagawan, for working through us! With your grace and guidance, we were able to offer our token of gratitude's. We would like to thank each and everyone who are directly & indirectly responsible for accomplishing the above selfless services and to all your devotion to our dear lord Swami.

May Bhagawan bless you and all your family and friends.

***One should cultivate human values for healthy living. This calls for harmony in thought, word and deed. When you cultivate this harmony, you will be free from desires and fears.***

**Sri Sathya Sai Baba, 6 February 1993**

THANK YOU ALL AND JAI SAIRAM!

# Happy Holidays

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- LIGHTS
- CHRISTMAS
- GIVING
- BHAGAWAN
- FAMILY
- PRESENTS
- JESUS
- PROPHETS
- LOVE
- MERRY
- HO HO HO
- BEATITUDES
- HAPPINESS
- ORNAMENTS
- SANTA
- FRIENDS
- PRAYERS
- SNOW

## BHAJAN

### Prayer For Christmas Day

Lord Jesus, we lift up our voices of prayer and praise today as we think especially of your birth on that first Christmas morning. Lord, many people today will be celebrating Christmas Day with little or no understanding that in coming to earth in the form of a man, you came to die so that all who believe on your name might be saved from their sins and have life - and have it more abundantly.

As the story of the shepherds and the wise men are sung about in carols and acted out in classrooms - and as television programmers once again review the birth of Jesus Christ two thousand years ago, we pray that your Holy Spirit will convict the hearts of many who have dismissed the truth of Christmas as a nice little story.

Bringing many we pray, to see Christmas in a new light this year. May they come to an understanding of the real meaning of your birth at Bethlehem, so that they may see the Christmas story this year in all its glorious beauty... May your holy name be lifted up and may Jesus Christ be glorified this Christmas, for you alone deserve all honour and glory - in Jesus name we pray,

Amen

