

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



HAPPINESS

Wish you happy and peaceful New Year. What is the happiest day in your life? All are happy days to a person of true knowledge.

Happiness is an internal conscious experience which comes as an effect of the extinction of mental or physical desire. The lesser the desire, the greater is the happiness. So perfect happiness consists in the destruction or satisfaction of all desires in the absolute being.

Life is an experience meant to train the individual for a higher, deeper and expanded state of existence through the experience of the results of action. The aim of everybody's life is the attainment of complete perfection in the Spiritual Absolute.

Prema is not an illusion. It is a reality and actuality for those who have realized oneness in life.

What is man's dearest possession apart from his life? One's dearest possession is one's own true Self and there is no permanently dear thing apart from that. God is great, all others are mere dust. God only is real and great. Everything else is unreal and valueless. I go further to say that God only exists and there is nothing second to Sai (God).

With Blessings,
Baba.
01/01/1974

Reflection Questions:

1. Are you constantly striving to satisfy all desires or to destroy them? Which brings you happiness?
2. How do you plan to achieve a greater amount of happiness in the next year?

IN THIS ISSUE

HAPPINESS

DEVOTEE SPEAKS

PRESIDENT'S MESSAGE

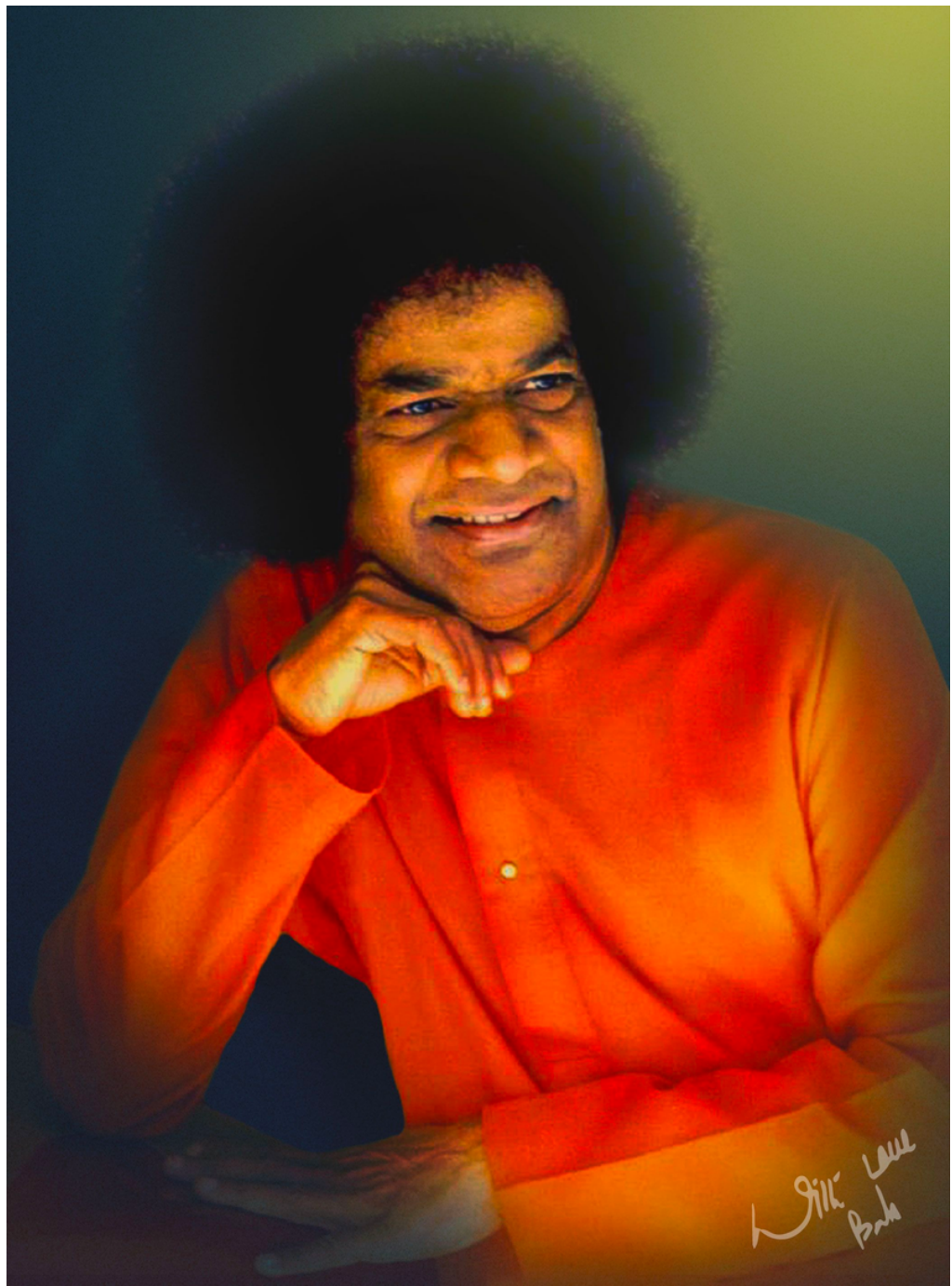
MONTHLY CALENDAR

GAME

BHAJAN

*"You should
face
everything in
life with a
smile of
happiness."*

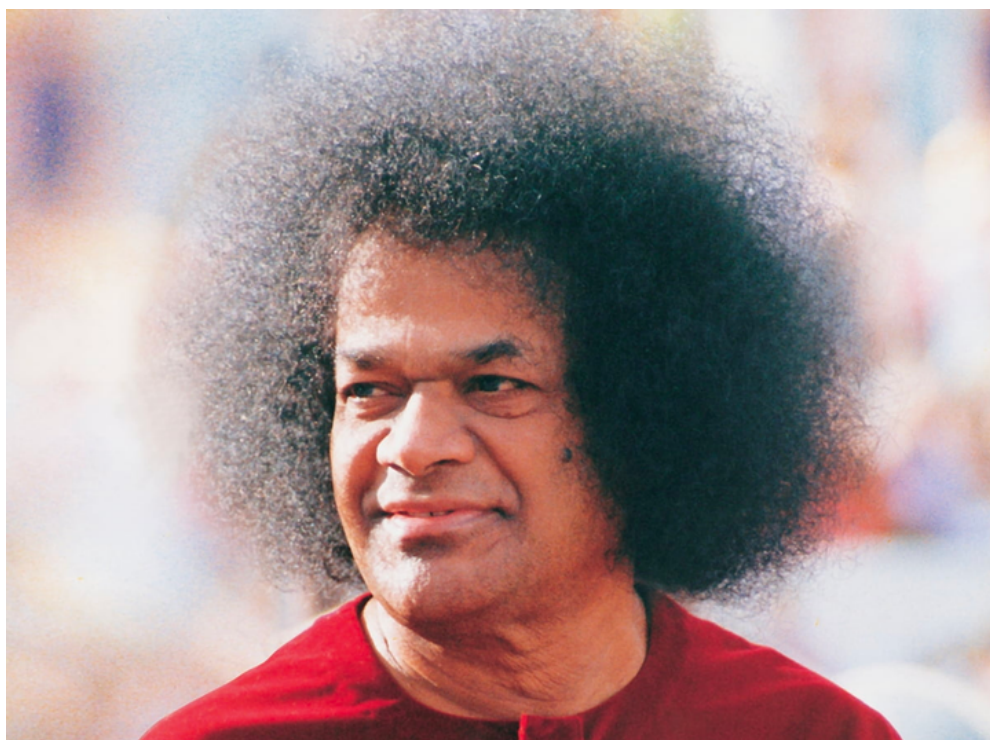
SATHYA SAI BABA



DEVOTEE SPEAKS

The Key to a “Happy New Year” from Sai spoke about the true meaning behind the word happiness. Every December 31st we countdown the seconds till midnight, marking a new year and wish the people around us “happy new year”. Why do we say “happy” new year? Why not something else? The significance of wishing our loved ones and strangers a happy new year is hoping the new year brings them much more happiness regardless of the past year. The definition of happiness varies from one another but to have pure happiness, Swami says one must destroy all their desires. Satisfying your desires can be the obstacle to your happiness. Love will bring you happiness. Through kindness, patience, and selfless acts love will persist. “Love is not happy with evil, but is happy with truth. Love never gives up and it gives faith and hope. Love is eternal”. The embodiment of love will bring forth happiness for one in the new year.

Reference: https://archive.sssmediacentre.org/journals/col_11/017AN13/new-year-message-sathya-sai-baba-radiosai.htm



*"Real happiness
lies within you."*

SATHYA SAI BABA

LADIES WING MESSAGE

In this infinite universe, among the myriads of living beings, humanity is eminent. Among human beings, it is a privilege to be born as a woman. Woman is the goddess of nature.

The Ladies Wing is committed to strengthening the engagement and inclusion of ladies through various events, workshops, and volunteering opportunities.

These initiatives include learning Bhaja Govindam slokas and hosting ladies' day meetings for Maha Shivaratri and Guru Purnima with special guest speakers.

In honour of World Environment Day on June 5th, the Ladies Wing arranged a plant swap project with the simple goal of "Making the World Greener." Several weeks before the growth season, devotees were told to start planting seedlings. The initiative's slogan is "DONATE # SWAP # ADOPT". We received nearly 500 saplings, and members were delighted to take the plants home.

On Ladies Day, as a humble offering to our Dearest Bhagawan, the program began with veda chanting, Bhaja Govindam, and was followed by a cultural event that included a spectacular dance performance and a magical, divine music performance.

Ladies wing is committed to take part in Narayana seva at Good Shepherd Homeless shelter on the fourth Saturday of each month, as well as assisting in the preparation of food for devotees on special occasions!

Our upcoming activities include arranging workshops such as garland making. Garland generally symbolizes purity, beauty, peace, love, and passion.

We believe that women are an integral part of society. Many seva sisters work behind the scenes at all the events, and we want to acknowledge that by coming together and planning activities for everyone to experience.

MONTHLY CALENDAR

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 BHAJANS - YOUTH ADULT	6 UNIVERSAL HEALING PRAYERS	7 SSE CLASSES VIRTUAL
8 BHAJAN PRACTICE	9	10	11	12 BHAJANS - SSE STUDENT	13	14 SSE CLASSES VIRTUAL SSE GROUP 2 AT CENTRE
15	16	17	18	19 BHAJANS - ADULTS STUDY CIRCLE	20	21 SSE CLASSES VIRTUAL SSE GROUP 3 AT CENTRE
22 GENERAL BODY MEETING	23	24 BHAJAN PRACTICE	25	26 BHAJANS - MIXED BHAJAN <small>jomins- Gayathri Chanting</small>	27	28 SSE CLASSES VIRTUAL SSE GROUP 4 AT CENTRE
29	30	31	1	2 BHAJANS - YOUTH ADULT	3	4 SSE CLASSES VIRTUAL SSE GROUP 2 AT CENTRE



S	Q	S	C	H	E	E	R	F	U	L	Z	F	P
A	M	E	N	J	O	Y	M	E	N	T	G	L	L
T	Y	Z	A	E	Q	G	P	D	Z	Q	L	N	A
I	R	K	J	L	H	P	C	E	T	C	A	O	Y
S	E	Y	T	Z	G	A	Y	L	R	O	D	Q	F
F	J	D	P	K	N	T	E	I	I	N	N	E	U
A	O	C	L	G	B	W	N	G	U	T	E	L	L
C	I	D	E	U	V	L	E	H	M	E	S	A	N
T	C	Y	A	L	G	A	I	T	P	N	S	U	E
I	I	H	S	Z	L	V	R	S	H	T	A	G	S
O	N	K	U	K	E	T	D	U	S	M	Q	H	S
N	G	E	R	S	E	I	R	S	H	E	U	T	G
J	A	A	E	H	J	J	V	W	A	N	F	E	F
K	C	O	P	T	I	M	I	S	M	T	T	R	F

GAME

Please find the words from word bank on the word search.

WORD BANK

BLISS
CONTENTMENT
DELIGHT
ENJOYMENT
GLEE

LAUGHTER
OPTIMISM
PLEASURE
CHEERFUL
GLADNESS

PLAYFULNESS
REJOICING
SATISFACTION
TRIUMPH

BHAJAN

Dina Dukhiyon Sey Prem Karo Mera Sai Prasanna Hoga
Sai Mera Mein Tera Ye Prem Ki Bahiti Dhara
Ye Prem Ki Bahiti Dhara
Mera Sai Prasanna Hoga

Meaning

Lord Sai is very happy, if we love and serve those afflicted with miseries and pain. Bond of love binds us with Lord Sai and Him with us.