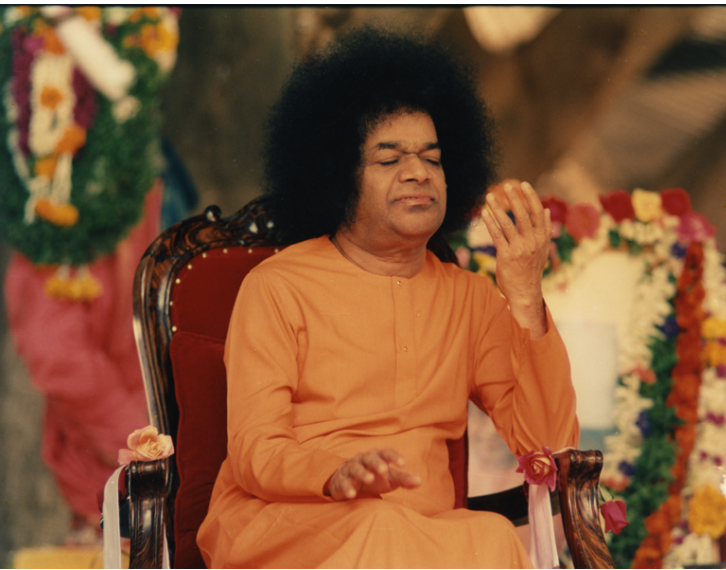


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



A YEAR IN REVIEW

“From the new year, you have to understand the true meaning of humanness and transform your life. You will then be true servants of the nation. Play your part in every field of public life, keeping your heart pure and unsullied. Students! Remember that you are in a "golden age" in your lives. Do not waste it. Do your duty. Love and revere your parents. Serve society. Adhere to the good qualities associated with right education. Be happy and make others happy.

From this new year onward, when students cultivate humility, reverence for elders, and love toward all, I shall feel very happy. This is New Year's Day, according to the Gregorian calendar. We have other New Year days according to the practice in different parts of the country. There is no need to bother about the year as such. Devote every moment to actions that will please God. Develop love for God, which will confer every blessing on you. This is exemplified by the life of Harischandra. He sacrificed everything in the cause of truth, and ultimately he got back everything by the grace of God. On this New Year's Day, I wish you all every happiness and prosperity. The ancients used to bless those who came to them with long lives of 100 years and good health. They wished the people a long life so that they may lead worthy lives. Lead a long life, happy life, peaceful life, loving life, and divine life. Redeem your lives by practicing Divine Love.”

Reflection Questions:

- Swami emphasizes the importance of understanding the true meaning of humanness and transforming one's life. How can you integrate this understanding into your daily actions and interactions, contributing to the well-being of both yourself and society in the coming year?
- The message encourages students to embrace their "golden age" and not waste it. Reflect on your current phase in life. How can you make the most of this period, practicing humility, reverence for elders, and love toward all, as mentioned by Swami, to contribute positively to your personal growth and the community around you?

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COORDINATOR'S MESSAGE

Sai Spiritual Education (SSE) falls under the Education Wing of a SAI Centre. 2023 has been a year of challenge, change and opportunity; the year shifted from virtual SSE classes, commemorating Eshawaramma Day, to hybrid Celebration of Group 4 graduation, to 100% in person classes from September.

This year Swami's birthday celebration offering preparation was enjoyed and partaken not only by SSE children but by many parents, grandparents, Young Adults and gurus who volunteered with full enthusiasm and with love for Swami.

The excitement didn't stop at the Birthday Play offering, group 4 children carried divine energy to prepare a memorable Christmas celebration for younger children. Gurus, parents and young adults all came forth to encourage Group 4 children by participating and supporting in the celebration.

This SSE curriculum year (2023-2024) Group 2-4 children will start reading "His Story: as Told by Swami". It is a compilation from divine discourses of Bhagawan Sri Sathya Sai Baba, Himself, and recounts stories from His childhood of growing up to His relationships at school and teachers and classmates. The purpose of bringing this book in each class for children is to draw some parallel to their life as a young child/adult and learn lessons from young Swami. Swami's mission was to set an example to others of what He has always proclaimed, "My life is my message," and end with "Your life is My message."

In Loving Service,
Education Wing



*The year
becomes new,
the day
become holy,
when you
sanctify it by
spiritual
practices
(sadhana), not
otherwise.
Sadhana can
grow only in a
field fertilized
by Love*

SATHYA SAI BABA

On this New Year Day, you should resolve to start every day with love, spend the day with love, fill the day with love, and end the day with love.

SATHYA SAI BABA



DEVOTEE SPEAK

1. My favourite centre activity was akandha bhajans as it was one of the year's biggest events. The bhajans sung by so many people energised the environment. It helped me feel connected with Swami through the vibrations of the bhajans.
2. My favourite centre activity was Swami's Birthday Play, as it was the first in-person play after the pandemic. This was my favourite as we got to watch lots of skits done by the SSE children in different groups. This impacted me as I always wanted to go back to doing in-person plays, and this year we were able to do it in the presence of Swami all together.
3. My favourite centre activity is singing and participating in Thursday bhajans as it allows me to have another form of communication with Swami. Participating in Thursday bhajans and having another form of communication with Swami has given me peace of mind and a deeper spiritual connection.
4. One of my most cherished activities at the Centre is the healing prayer. As we send our intentions of healing and well-being out into the universe, the gentle vibrations of the prayer envelop us, nourishing our own souls well. Reflecting upon the year 2020, a time marked by the global pandemic, I am reminded of a deeply personal experience. My husband, faced with a medical challenge, underwent a highly invasive surgery. In those uncertain moments, I witnessed the incredible strength and resilience that can be found in the collective power of prayer. In a remarkably short time, he regained his health. As a family, we will forever remain indebted to the divine grace of Swami and the unwavering dedication of those who offered their healing prayers.
5. One of my favourite centre activities is participating in monthly YA Bhajans. This gives me a sense of a good inner happiness and positive connection with Swami. It has the power to make people happy in moments of sadness and to lift their spirits in times of depression. Personally, I feel much relieved and happy no matter how much external stress I have during the day/week. Participating in the YA bhajans brings in a powerful tool to clean the subconscious mind and to replace negative thoughts with positive ones.

MONTHLY CALENDAR

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NEW YEAR'S DAY BHAJAN (10-12)	2	3	4 BHAJANS - YOUTH	5 UNIVERSAL HEALING PRAYERS	6
7	8	9	10	11 BHAJANS - SSE	12	13 SSE CLASSES
14	15	16	17	18 STUDY CIRCLE & BHAJANS	19 AVATAR DECLARATION DAY	20 SSE CLASSES
21	22	23	24	25 BHAJANS 30 GAYATHRI MANTRA	26	27 SSE CLASSES
28	29	30	31			

GAME

Take a few moments to reflect upon 2023 with the following statements with a partner or with your family:

- Funniest moment
- Favourite centre activity
- An unexpected situation that changed your priorities
- Best food you ate
- A new friend you made this year
- Best thing you learnt
- Something you never had a chance to get around to do
- Best advice you heard

IMAGES CAPTURED FROM THE SSE PLAY



BHAJAN

Sai Prem Dey Shanti Dey Ananda Dey Sai Prem Dey
Thum Ho Sai Dayaa Key Sagar
Thum Ho Parama Kripa Key Sagar
Aadi Anantha Sakala Charachara
Alak Niranjana Sai Janaardhana
Satchidaananda Prabhu Dayaa Kar

Meaning

Sai grant us Love, Sai grant us Peace, grant us Bliss, Thou art our Father and the Ocean of Mercy Thou art the Deity in the Temple of all gunas, Thou art Endless and without Beginning and preserver of Truth and Protector of Sanathana Dharma. Without an equal and being ever full of Love for mankind Sai, Thou art the Lord of eternal Truth, Knowledge and Bliss. Sai, please grant us Your Mercy.