



# SAI DHARMAM

Sri Sathya Sai Baba Centre of Cooksville



## Multiculturalism in Canada

Every society has values which are important to its members. Many Canadians feel that our values are part of what makes Canada an attractive place to live. Canada is a large country that has distinct geographical regions. Each of these regions has its own traditions and customs, but there are many common values that are embraced by Canadians in all parts of the country. It has a value system that is founded on equality, freedom, and respect for all individuals in society. This is reflected in the Canadian Charter of Rights and Freedoms legislation, which is a part of the Canadian Constitution. The Canadian Human Rights Act provides Canadians with protection from discrimination and harassment. Prime Minister Pierre Trudeau's single most important

statement as he introduced his new policy of Multiculturalism in 1971 may have been that no singular culture could, or would, define Canada. Canadian leaders of both major parties had historically promoted both immigration and citizenship, but the idea that no singular culture would define the country, would become the root of the country's contemporary success in the world. In other words, there would be no overriding cultural identity to assimilate to. Canada was the first country in the world to adapt this policy. It is impossible to provide a simple description of Canadian culture and values. It is not something you can study in a classroom; you have to experience it for yourself.



# Inclusivity: Bhagavan's Love Attracts All

Bhagavan demonstrates inclusivity and multiculturalism in His teachings. The beauty of our Bhagavan's teachings is that it transcends caste, race, religion and culture, and it holds these universal truths that are fundamental to all human beings. They are simple, practical and applicable to many aspects of life. This is evident in the Sai Spiritual Education (SSE) program that is taught to children as young as four years of age. Children enrolled in the SSE program learn about all religions through plays, storytelling and interfaith prayer. For example, the children learn the Vedas and the Lord's Prayer during their time as SSE students.

Bhagavan does not teach that one religion is superior to another in any way, as he says "Honor all religions. Each is a pathway to God." When devotees from different faith seek his guidance in spiritual practices, Swami says "I have come not to

disturb or destroy any faith, but to confirm each in his own faith - so that the Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu."

The best part about the Sai movement is that it goes beyond Swami's words. The actions of His devotees from around the world preach inclusivity and diversity! His teachings may have originated in India, but they resonate with those from all around the world. Devotees now hold Sai activities such as the Walk for Values across the globe. Today, bhajans are created and sung in languages such as Hindi, Tamil, English and Mandarin just to name a few.



## Canada Poem



### **Our Nation, Our Family, Our Home**

Our flag flies high in the sky, strong and proud.

The nation's people are standing tall.

The animals roam in peace.

The trees are growing taller each day.

We all unite, we all believe.

We all trust the generations ahead.

We believe that our country will protect.

We believe in world peace.

Our colour, religion, and age.

That is not what matters.

It's our hearts that creates.

It creates our country.

Our diversity, our traditions,

Our culture, our country.

We've believed in it all, for 151 years.

We'll believe in it forever and beyond.

This is the nation, we'll always be welcomed to,

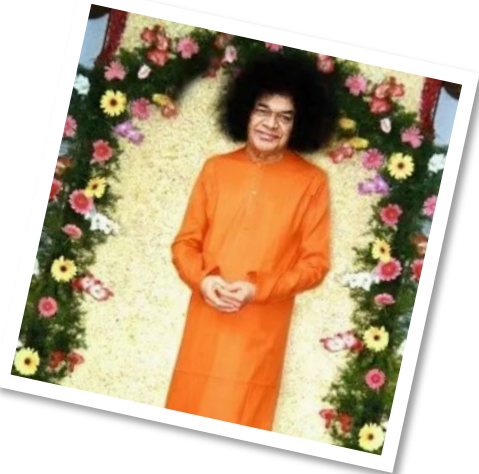
This is the Nation we call Canada.

# Devotee Speaks

On July 27<sup>th</sup>, Hindus and Buddhists all around the world are celebrating Guru Purnima. Guru Purnima marks the first full moon after the summer solstice and is a day to thank gurus all around the world. This auspicious occasion was created to commemorate the great sage, Maharshi Veda Vyasa. He wrote the 18 puranas and the Mahabharata. It is incredibly important for us to express gratitude to our gurus.

My gurus played a big part in who I became as a person. They taught me valuable lessons and passed on the teachings of Sri Sathya Sai Baba. They taught me the stories

of the great gods and goddesses as well as educating me about different religions all around the world. Living in a country which celebrate multiculturalism, it is very important that we learn to accept different cultures and religious practices. Our gurus teach us to become more loving, kind and accepting individuals. At a young age, I was taught the five human values through many stories taught from my gurus. They embedded important values in our classes so that we can all grow up to be kinder individuals.



## Message from the Seva Coordinators

In the online article “15 Ways to Serve God Through Serving Others” by Rachel Bruner, many ways in which we can serve God by serving others are mentioned. It is impossible to truly serve God if we are full of pride. Our desire to serve God will greatly increase as we humble ourselves before our beloved Bhagavan

The first way is by serving our families. Serving God starts with serving in our families. We lovingly donate ourselves to our families as we work, love, support, listen, and teach. We serve our families with hearts full of love and our acts will be counted as service to God.

The second way is through financial support. Money saved from “ceiling on desire” activities can be donated to help the hungry, thirsty,

sick and homeless. Our Sai Centre promotes this activity through the donation of sandwiches to the needy.

The third way is through volunteer activities. Volunteer activities include the donation of blood, tree planting at local community parks, and serving at the local food bank.

The fourth way is by serving God through the visitation of senior homes. Visitation of senior homes to sing heavenly songs and bhajans (Melody of Divine Love) is a vital way to serve God.

The fifth way is the donation of food, cloths and other items. There are many charities that accept food items, clothing, shoes, dishes, blan-

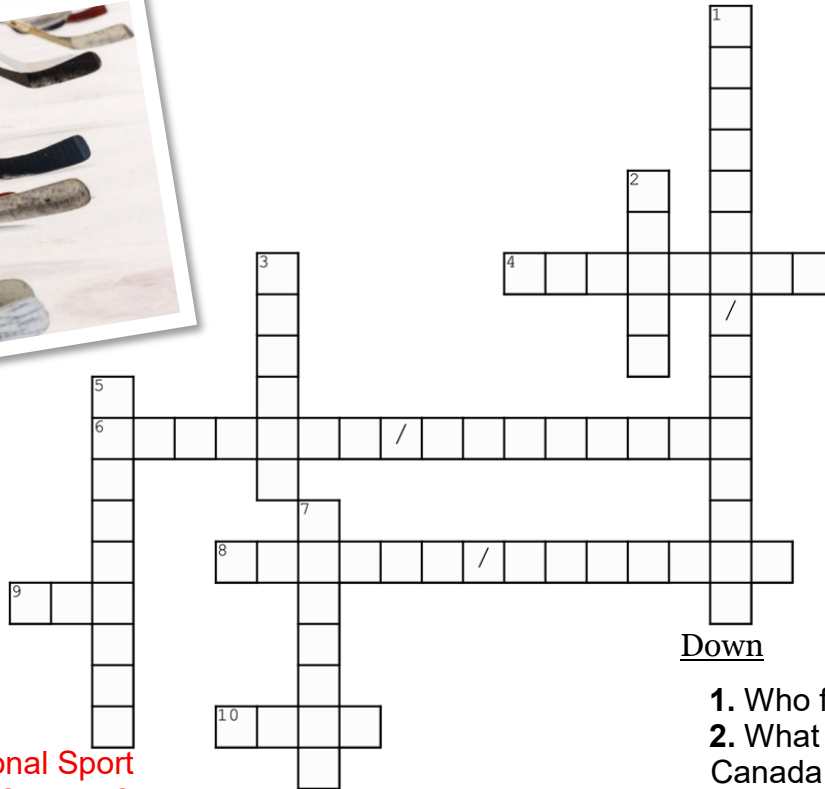
kets, toys, and books. Generous donation of these items to support those in need is a way of serving God.

Sai Organizations in Canada make a difference in the community all the time. Some examples include donations of 30000 sandwiches, 30 tons of non-perishable food, 200 pints of blood and 1500 trees planted in a year.

# Game

## Canada Day Crossword Puzzle

Complete the crossword below



### Across

- 4. Canada's National Sport
- 6. Who wrote 'O' Canada'?
- 8. Who Created the Canadian Flag?
- 9. How many provinces are in Canada? (word form)

### Down

- 1. Who first found Canada?
- 2. What do we eat with pancakes that Canada has a lot of?
- 3. What does Netherlands give Canada every year?
- 5. First Canadian Prime Minister

Answers: 1. Jacques Cartier, 2. Syrup, 3. Tulips, 4. Lacrosse, 5. Macdonald, 6. Adolphe Routhier, 7. Dollars, 8. George Stanley, 9. Ten, 10. York

# Bhajan



Radhey Shyama Hey Ghanashyama  
 Radha Madhava Mangala Dhama  
 Jaya Jaya Jaya Hey Megha Shyama  
 Megha Shyama Megha Shyama  
 Jaya Jaya Brindavana Dhama

**Meaning:** Chant the name of Lord of Radha - auspicious Lord Madhava. Ever blissful Prince of Nanda steals our hearts. Chant the name of Lord Govinda of Gokula and Brindavana.