



SAI DHARMAM

Sri Sathya Sai Baba Centre of Cooksville

Ways to be Environmentally Friendly

What is the environment? The environment includes everything around us, from the weather, to plants and animals and even to the soil beneath our feet. The Earth has been our home for 4.6 billion years, but recently we have been causing it more harm than good. Swami's teachings are based on the five core human values, one of them being love. We show this love to our family, friends and gurus, so why not show our love to our beautiful planet? Here are ten simple ways that we can show our Mother Earth some tender love and care.



Reduce, Reuse, Recycle



1. Limit consumption of single-use plastics: purchase a reusable water bottle, a canvas grocery bag or a metal straw to limit the use of non-biodegradable plastics

2. Take advantage of public transportation: not only will this reduce carbon emissions, but fewer cars on the road means less traffic making your daily commute a little faster

3. Unplug your electronics: appliances continue to use energy even when they are turned off, by unplugging your devices, you are not only saving electricity but also saving money

4. Donate to a local charity shop: donating gently used items reduces the amount of waste sitting in landfills while also giving your used clothes and appliances a second home

5. Take advantage of natural resources: opening the windows to let in fresh air or opening the blinds to let in some sunlight is a easy alternative to using non-renewable energy

6. Pack a waste-free lunch: swap out plastic sandwich bags for tupperware containers in order to reduce the amount of waste you have at the end of your meals

7. Shop second-hand: while not all necessities can be reused, buying second-hand items can help reduce waste

because new resources were not used to create it

8. Use natural cleaning supplies: vinegar and baking soda can be a great natural alternative for harsh chemicals which end up making their way into our water sources

9. Ask about paperless billing: now that companies are becoming more socially responsible, it is becoming easier to reduce our paper waste by opting for paperless billing and e-receipts

10. Spread awareness: let others know what you are doing to help take care of the environment so that they too can be inspired to be more environmentally friendly

Sources:

<https://blog.gradeslam.org/10-ways-students-can-be-more-environmentallyfriendly/>

<https://www.goingzerowaste.com/blog/the-beginners-guide-to-zero-waste-living>

<https://www.onegreenplanet.org/animalsandnature/10-ways-to-adopt-a-zero-waste-lifestyle/>

<https://biofriendlyplanet.com/nature/environment/50-ways-to-make-your-life-more-environmentally-friendly/>

Earth Hour

Earth hour is a yearly event that commonly takes place on the last evening during the month of March. Earth Hour is when all electricity using objects and lights are turned off within a specific hour world wide to help solve the problem of global warming. During this hour, many around the world turn off their lights and many electrical appliances are shut down as a way to slowly take steps towards change. Earth Hour promotes a massive change for the environment and by continuing this act of change each year, this will be reflected upon the generations to come. The first earth hour was identified in Sydney, Australia on March 31, 2007. More than 2.2 million Sydney residents and many businesses switched off the lights and anything that uses electricity, leaving a significant statement. This act of modification to the word became a global contribution. This year, Earth Hour will take place Saturday March 28 2020 from 8:30pm to 9:30pm. During this hour, everyone should participate in turning off their lights within their house and shutting down their electrical appliances.



Sources:

<http://www.conserve-energy-future.com/earth-hour-and-its-significance.php>

www.liveabout.com/what-is-earth-hour-1203681

President's Message

Sairam dear Sai Family,

I Hope the Maha Shivarathri celebration has helped you gain a better control over your mind since the mind is the only tool which can bring you closer to God.

The month of March brings us an awareness of our duties and responsibility towards Mother Nature. "Nature is God's vesture", says Baba. Swami has elaborated on this key topic explaining how Nature is our true Role Model. Swami has said,

"Nature is very close to God. Closer than man is, for in man there is a veil of ignorance clouding his vision and marring his sight. But nature is the purest handiwork of God. It is very easy to know God through nature, for in nature there is goodness, simplicity, purity and selflessness.

Nature is the best teacher. A tree give shade to others and takes nothing for itself. It gives fruits to others but does not itself partake of them. A plant sprouts beautiful flowers and gives joy to others but does not enjoy the beauty by itself. The sun is constantly at work, giving life, light and energy to the world. Does it ask for anything in return? No! It performs Nishkama Karma: that is, action without the desire for reward.

These are some examples of the selflessness of nature and are perfect lessons to the selfishness of man. If only man watches and studies nature carefully, he can imbibe a lot of philosophy from it, which will help to make him a better person. Nature is an ideal Guru and if you treat it as such and develop love and reverence towards it, you will move closer to God." - Baba

We have a huge responsibility to preserve our Mother Earth and to help slow down the climate change. Let us all support the Earth hour by switching all the lights for an hour from 8:30 – 9:30 pm on March 28th and be part of a global movement aiming at raising awareness about the environments. Let's take some individual steps to help environment, from adjusting our diet to supporting climate-change initiatives like plant more trees and Go Green! May Swami continue to guide and bless us all!

Samastha Loka Sukhino Bhavanthu (Let all the beings in all the worlds be happy!)



Worldwide Seva Activities

Bhagawan Sri Sathya Sai baba encapsulates the importance of performing seva to mankind, in this short but powerful quote, "Love All Serve All." However, what does this really mean? Notably, around the globe, many centres under the Sathya Sai International Organization (SSIO) have started to practice this divine teaching, by taking part in a variety of Seva activities that have in fact helped many people around the world. For example, with respect to Bhagawan's 95th birthday this year, a global initiative called "95 Communities" was started, in order to adopt about 95 communities around the globe, that are less socio-economically developed. This can range from volunteering in medical care, planting trees and crops in poor vegetative areas, participating in sustainable activities that improve child welfare or volunteering in orphanages and soup kitchens. According to reports, as of February 1st, the SSIO has adopted about 135 communities in over 32 countries. Thus, it is important to continue these efforts and ensure we remember Swami while doing so.

Furthermore, in particular to Seva activities, the Cooksville Sai Centre's Youth Wing offering to Swami includes an initiative to collect at least 500 pounds of non-perishable food items, which will be donated to local food shelters. Also, the Cooksville Sai Centre aims to engage in a range of Seva activities throughout the year, such as tree plantings and park clean-ups. From being a part of these activities, not only does one learn the importance of keeping our planet clean, but also learns to give back to the community and perform selfless seva. To conclude, Swami preaches how selfless service is perhaps the most single and efficient tool for expressing one's divine love for God and how "service is nothing but love in action."



Game



1. What are the 3 Rs?

R - _____
R - _____
R - _____

2. If you had a water bottle, where do you toss the lid? Circle the answer below.

GARBAGE

RECYCLING

COMPOST

3. List three ways YOU would do to help save the environment

1. _____
2. _____
3. _____

Bhajan

I keep feeling Your Love in me over and over again (2X)
And it's sweeter and sweeter as the days go by
Oh what a Love between my Sai and I
My Sai and I, my Sai and I

Youtube Link:

<https://www.youtube.com/watch?v=RUiDIOP8mI0>