



SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

August 2022



AUM SRI SAIRAM

From The Editorial Desk

Value your Earthly Time

We know that we have a strong purpose in our earthly life to achieve the Life Target, but the path of achievement is tagged to the vigilant Time Principle.

We also knew that materialistic pursuits often unsettle our minds so much that we repent in leisure for the God-given golden hours that get lost regularly. On a few occasions, our selective perusal of Sai literature tells us frankly the stark ESSENCE of life as -

A man is born, not to be born again

But then, do we act? The Sai Sacred Texts remind us that everything and anything under the Sun has 'a start time and also an end period'. The CREATOR and HIS CREATIONS are also not finding exceptions in the GOD OF KAALA KINGDOM. When all is said and done, the Barometer is ticking - ticking, silently!

Our all-knowing Bhagawan lights our minds with a strong Message -

TIME WASTE IS LIFE WASTE

Our ETERNAL SAI not only reminds us thru' HIS umpteen DISCOURSES the urgent need to utilize our human lives, but also empowers us by showering HIS GIFTS viz., time, space, energy, faculty of reasoning & the power of discrimination to trigger our acts to realize the 'Time Principle'.

*Do we count HIS BLESSINGS?
Do we realize HIS TEACHINGS?*

As spiritual aspirants, let us not overlook the time clock to the detriment of our spiritual progression. Instead, let us try to value the Time by HIS MESSAGE -

**Start EARLY;
Drive SLOWLY; &
Reach HIS DESTINATION SAFELY**

The Divine Assurance will surely appeal to most of us and also looks very easy to follow, BUT the big question is: ARE WE?

The dutiful wrist-clock ticks unmindfully!!!

Warm Greetings & Best Wishes

Editorial Team

Guest Column



Sri. BALAKRISHNAN
Former District President

I have worked as Highways Engineer for 37 years and retired as Chief Engineer (H) General in 2000.

1989-1993: After completing the Pamban - Rameshwaram Road Bridge, I had my darshan of Baba in 1989 at Chennai. By the grace of Bhagawan, I and my wife joined as members in SSSSO in T. Nagar Samithi and took part in all activities of Samithi and Prashanthi Nilayam.

1993-1996: I was selected as Convenor of T Nagar Samithi and carried out a lot of activities in all three wings, with the Grace of Bhagawan and the cooperation of T Nagar Samithi members. In 1995, we celebrated 25th year, Silver Jubilee Year-long programs with one activity every month. We went with members to Puttaparthi and Bhagawan came and blessed us and said T Nagar Samithi “good Seva activities”

1995: I met Swami at Kodaikanal and he blessed me as Chief Engineer as I was expecting a promotion and I made a request to Bhagawan to sign a photograph of Swami to keep it with me in my chamber. Swami signed and blessed me and I took Padanamaskar. This was the first time I was close to Bhagawan, who spoke to me and touched my heart and blessed me.

1996 - after taking charge as Chief Engineer (H) General, I met Swami at Chittor bypass in a function. He came to me and said folded my hands with very close proximity face to face and asked me what you want. I told him that I have to carry out major bridges and highway projects in my tenure of 4 years as C.E (H) General. I requested Swami to help me and guide me to carry out the projects. Bhagawan said everything will go well and pressed my head and cheeks. By the grace of Bhagawan, I did major projects in 4 years, a record in the department. I was given ‘Anna award’ and best Highway Engineer in planning and executing major Projects.

2000-2006: After retirement, I was blessed by Bhagawan to be District President (West) and worked from 2003-2006. In these 3 years, I checked out 3-year action plans for all three wings of the SSSSO, with the consent of the Convenors. We were able to do a lot of activities like free marriages, upanayanams, medical camps, Grama Seva, seminars, music festivals and participated in State level activities at Sundaram like Tsunami help. The Bal Vikas drama, dance, bhajans called "Festival of Joy" was successfully celebrated for 5 days in T Nagar, in which all the districts joined and also children from private schools participated and was attended by V.I.P's, members and the public.

2005: At White Field Tamil New Year day, Swami caught my hand and asked me what did you want. I said Swami, Sai Ganga project was completed, but water has not come to Chennai. Swami smiled and said water will come in 2 months.

2004: On Shivaratri day, myself and Irrigation refined Chief Engineer, Sri Mohana Krishnan were invited as guests to Prashanthi Nilayam. Bhagawan called us to the interview room, blessed us, discussed about Sai Ganga project and gave us vibuthi packets. Next day being Shivaratri, Lord Siva (i.e. Swami) put His hands on our shoulders in the veranda and telling others that we are engineers from Chennai for Sai Ganga project coordination. I felt happy when Bhagawan blessed us on this auspicious day.

2007: I was given responsibility in building infrastructure arrangements for Athi Rudra Maha Yagnam. Swami was visiting for 10 days and blessed lakhs of Public and devotees at Yagna site and also at Sundaram. On 27th January I was permitted to take Arathi to Bhagawan at the stage. This event for 10 days was successfully done with the Grace and Blessings of Bhagawan and the cooperation of SAI devotees which shows that Unity, Purity and Divinity can be achieved. At the end of 10th day, Bhagawan called the persons actively involved in organizing this Yagna, to the prayer hall at Sundaram. I and my wife were blessed by Bhagawan. He went around the hall to bless everyone.

2007: At Kodaikanal, Swami called me and enquired about my health and materialized a ring and put it in my finger, which was symbolic of Guru Kattaksham, and told me not to remove the ring and " I will be with you"

2009: I was given a job to make the statue of Mother Easwaramma to be installed at Kodaikanal facing the lake. We took the statue on 31st April and when Swami saw the statue on 1st May He felt happy and blessed with Padanamaskar for me and the

sculptor in the evening Bhagawan installed the statue in Park facing the Kodai lake. I was permitted to take Arathi to Swami after installation.

From 1989-2009, I was participating in SSSSO and was able to carry out all the activities as Convenor of T Nagar Samithi, District President(West), only with Blessings of Bhagawan and help of Convenors and members of West. I had Darshan, Sparshan and Sambashnam 7 times with Swami in my interaction in SAI Organization, everything is with glory of our loving Bhagawan.

As part of way forward for CMW district

1) Put a plan / vision / goal and work towards it

2) SAI BRINDA e-newsletter is very good bringing out all activities along with photos which talk 100 words. This newsletter should be read by all members in the Samithis.

3) Sai Messengers: What should we do as Sai Messengers. Bhagawan says,

“Effort is important but, if you know, where this effort should be exercised, will show all the difference.”



New Office Bearers

Smt. Preetha Venkat from West Mambalam Samithi has been nominated as Mahilas Zonal Zonal Coordinator - (Spiritual) for PREMA ZONE with effect from 1st September'22.



Smt. Radha Rajan of Nesapakkam Samithi will be the Mahilas Zonal Coordinator - (Spiritual) for SHANTI ZONE from 1st September'22.



Information Board

1. Pradosha Pooja

As a part of LOKHAA KSHEMAA prayers, Pradosha Poojas are religiously performed at 'Sai Pushpanjali' - the District Bhajan Hall Centre, by the students of Veda Scholar Sri. Srinivasan at Sai Pushpanjali. The well-attended Pooja is fervently conducted by Abhishekam to Lord Shiva, chanting of Rudram followed by Sai bhajans.

2. Sunday Bhajans at Sai Pushpanjali

Keeping in view that Sai Bhajans are the first windows for Sai Organizations, Sai Bhajans a sort of Community prayers are held regularly at 'Sai Pushpanjali' - the District Bhajan Hall Centre, on ALL Sundays. We invite all the members / general public / readers for the Bhajan sessions. For further details, please contact the nearest Samithi.

3. Temple Seva @ Sundaram - (Sundays)

A rare opportunity is provided to all the interested members/general public / readers alike, to serve at Swami's Abode in SUNDARAM, Chennai. Please contact the nearest Samithi Convenors.

4. Temple Seva at Guindy (Thursdays)

Those members / general public / readers who desire their participation in Sai Bhajans at Guindy may contact Samithi Convenors for further details.

5. Veda chanting at Sai Pushpanjali

Every month, coinciding with Swami's Birth Star (Thiruvadira), a mass chanting of Veda session is being conducted exclusively by Mahilas in our District. The collective chanting is performed at Sai Pushpanjali. If the reader of this newsletter is interested in joining the program, may contact us.

6. Prasanthi Seva @ Puttaparthi

We invite the readers / members & all the spiritual aspirants for Prashanthi Nilayam Seva as per the table furnished below. The Seva is open for all the spiritual seekers (Gents & Mahilas). For further details, please contact Mobile No.93807-98154 Gents & 97907-02659 Mahilas

Oct - Nov'22 Seva	Reporting Date	Seva starts	Seva ends after Divya Darshan	No. of days
Batch 1	19.10.2022	20.10.2022	28.10.2022	9
Batch 2	27.10.2022	28.10.2022	06.11.2022	10
Batch 3	05.11.2022	06.11.2022	15.11.2022	10

Chennai Metro West Updates



Samithis

Activities from Educational Wing

Presentation of Completion Certificates to Balvikas children - Valasaravakkam

Valasaravakkam Samithi organized a joyful function on 6th August at Shankari Hall to felicitate Group-3 and Group-2 pass-out Balvikas children.

Smt. Sai Priya (DEC) & Sri. Dinakaran (one of the senior Gurus in the District), from West Mambalam Samithi distributed the Diploma certificates to 6 Group-3 Balvikas children & as many as 17 children received Certificates for completing Group 2 Balvikas classes.

The near house-full program was remembered for the Balvikas students' coordinated efforts in the melodious devotional music session, by offering



Certificates Awarding Ceremony - Valasaravakkam

Swagatham song firstly to our beloved Bhagawan.

Two Balvikas students were presented with mementos, for their enthusiastic participation in the online Samithi Nagar Sankirtan & also during the Margazhi Celebrations.

Sri. Venkatesh Prakasam, CMW DP in his brief speech appreciated all the participants and desired Balvikas students for their continued participation in Sai activities.

Smt. Sai Priya, CMW DEC extolled the right manner in which the entire function was organized, in line with Swami's dictum.

Sri. Dinakaran, stressed the value and importance of Sri Sathya Sai Balvikas Certificates and how the Balvikas education learnt now will shape their future career.

The well attended function was ended by offering Mangala Arathi to Swami. Swami's prasadam was served to all the Balvikas children & their parents.

Spiritual Tour for Balvikas children

A fun-filled group activity was organized by the Educational Wing of Valasaravakkam Samithi, to benefit Balvikas students for understanding the values of temples & the historical importance of Heritage Museum.

The touring party consists of 34 Balvikas children & 17 elderly members offered their prayers at Shirdi Saibaba Temple, Injambakkam & Matsya Narayana Temple, Uthandi followed by



Spiritual Tour - Valasaravakkam

a visit to Dakshin Chitra Heritage Museum.

The joyous trip also enabled the young kids in the Samithi for new learnings in their lives.

Temple Cleaning by Bharathidasan Colony Samithi - On field Seva experiences for Balvikas Children

In tune with Balvikas syllabus, a well-thought Seva experience was passed on to the Bharathidasan Samithi Balvikas students.

Thoughtfully, the Samithi planned this public Seva at a nearby Bhuvaneshwari Amman Temple and an estimated 9 Samithi members and 8 Balvikas children along with their parents participated in cleaning the precincts of the Temple.

The enthusiasm & spirit of Seva was evident as the Temple Authorities happily remarked saying that the Seva members should receive bountiful Blessings from Goddess Bhuvaneshwari.

Special Bhajans by Kodambakkam Samithi Balvikas children

A Special bhajan was held at a Balvikas Center in Kodambakkam Samithi. It was heartening to note that an estimated 100 participants including Balvikas



Temple Cleaning Seva - Bharadidasan Colony



Special Bhajan at Balvikas Center - Kodambakkam

children (present & past) from four Balvikas centers attached to Kodambakkam Samithi, participated in the Bhajans before offering obeisance to Bhagawan's Holy Padhukas brought from Puttaparthi. The neatly arranged bhajan session, witnessed jolly participation of the Balvikas children. Smt. Padmarao, a well-known erstwhile Balvikas District Coordinator thrilled the kids by anecdotes from Sai texts. Mangala Arathi was offered to Swami and Swami's prasadam was distributed to all the participants.

Activities from Spiritual Wing

Sai fragrance at our door steps!!

Happy to share that 6 mahila members of KK Nagar Samithi lend their hands & time to VTC, in the making of Agarbathi sticks. The uniqueness of this Seva is the coordination of hands and lips. The hands will roll the agarbathis and the lips will sing HIS glories. These well-prepared and very lowly priced agarbathis are available at Sundaram for the public and devotees.

Non-stop Sai Bhajans by T. Nagar Samithi

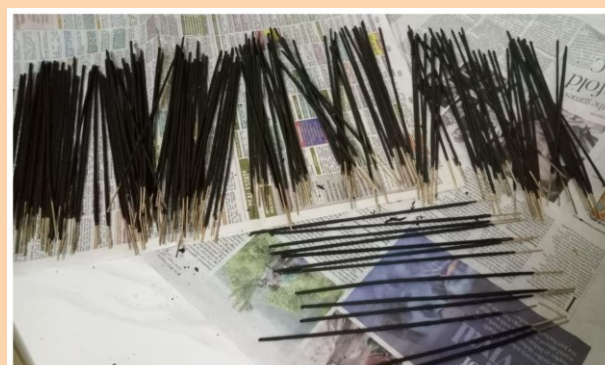
T. Nagar Samithi conducted a well-organized '97 Sai Bhajan Session' on 15th August'22.

The nearly 6-hour bhajan session was attended by the members of the Samithi



Bhajans – a form of Service

"...The divine vibrations that result from bhajans you sing are spreading to all parts of the world. The divine name that you chant purifies the hearts of many. Sing the glory of God. By doing so you will render great help to the whole world" SSSB, Oct 9, 2002



Agarbathi Making - KK Nagar



with enthusiasm, devotion and sense of participation. Nearly 100 members consist of youth, Balvikas children and their parents, elderly members marked the occasion conducted on the eve of Swami's 97th Birthday Celebrations to be held in November. Mangala Arathi was offered to Swami and Swami's prasadam was distributed to all the participants.



97 Bhajans - T. Nagar

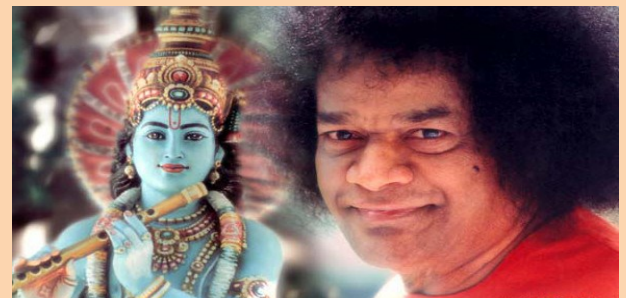
Janmashtami Celebrations

The Krishna principle revels in delight. Krishna sought nothing for himself. He kept nothing for himself. He did not make Himself King. He was a King without a crown. He was the King of Kings. He had no kingdom of His own. But he ruled over the hearts of millions. It is this profound truth that is proclaimed by the Krishna - tatwa (Krishna principle) - Baba

UI Colony - The Leelas of Krishna always attract young & the old alike. Balvikas children showcased Krishna's Teachings by a cultural program conducted at the Samithi premises. The Balvikas kids in their colourful costumes brought joy and cheers to the members.

Saligramam - The Samithi conducted a week-long Bhagavatha Sapthaham between 21st August and 27th at their premises "Tapovanam".

As is her wont, Smt. Lalitha Srinivasan enthralled the well attended audience (members, general public and online participants) and captured their imagination about the Lord Krishna by



Janmashtami Celebrations at UI Colony



Bhagavatha Sapthaham by Smt. Lalitha Srinivasan - Saligramam

her excellent presentation. Befittingly, on the last day of Sapthaham, Rukmini Kalyanam - a celestial marriage was performed under the guidance of Sri. Veda Srinivasan which saw a huge attendance of more than 100 members.

T. Nagar - A Special Sai Krishna bhajan session was conducted and an estimated 50 members participated in the session. Mangala Arathi was offered to Swami and Swami's prasadam was distributed to all the participants.



Janmashtami Celebrations - Special Bhajans at T. Nagar

Ganesh Chaturthi Celebrations

Ganapathi is the Lord of the Intellect & the Higher Knowledge - Baba

Saidapet Samithi - Interestingly, the Samithi held a special bhajan in connection with the 28th Anniversary Celebrations of Parson Pillayar Temple. A special Bhajan at a public place was well received by the residents in the area.



Special Bhajan at Parson Pillayar Temple - Saidapet

Kodambakkam Samithi - On the auspicious Ganesh Chaturthi Day, a special Sai Bhajan session was held at the newly opened Balvikas Center in BE Colony. It is heartening to note that the Bhajan session was attended by more than 60 people including Balvikas children and members from the Samithi.



Special Bhajan at the newly opened Balvikas Center (BE Colony) - Kodambakkam

Activities from Service Wing

Distribution of wheel Chair & Crutches by T. Nagar Samithi

Service is the surest way to realize one's own true nature, which is Divine. Whomsoever you serve, think that you are serving God; whomsoever you help, think that you are helping God; whomsoever you say a kind word to, think that you are speaking to God. This attitude will help you grow closer and closer to your own Divine true Self - Baba

The Seva wing of T. Nagar Samithi delivered a wheel chair and 2 pairs of crutches to a Home in Manivakkam Village meant for physically handicapped persons in the Society. The Seva members also distributed provision & other essential items to the inmates of the home.



Delivery of Wheel chair & crutches-T.Nagar

District

Activities from Spiritual Wing

Mahilas Spiritual Coordinators' Meeting on 28th August

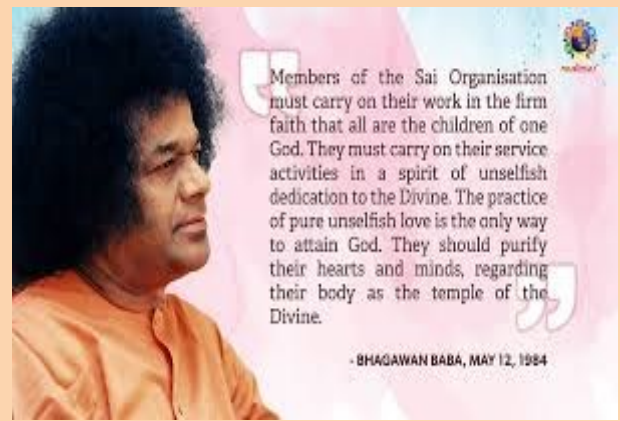
The CMW Mahilas meeting was held at Sai Pushpanjali on 28th August'22. The meeting was attended by 65 Mahilas. Smt. Sudha Shivakumar (DSC, Mahilas) in her introductory talk focused on the conduct of bhajans conforming to our rules. Physical bhajan training classes have been started to enhance the quality of bhajan rendition.

The Zonal Coordinators for the Shanti & Prema Zones - Smt. Radha Rajan (Nesapakkam) & Smt. Preetha Venkat (West Mambalam) were introduced to the gathering.

Smt. Padmasani Venkatesan, Former District Spiritual Coordinator (Mahilas) elaborated the significance of Vilakku Pooja to be conducted during Navaratri Celebrations in October.

Smt. Uma Ravi was given a chance to talk about Vedas and the benefits a spiritual aspirant will be endowed with by the regular chant of Vedas. The audience was informed about the conduct of Veda classes for the beginners at various Samithis. The chanting of Sri Rudram during Pradosha Kala Pooja and the monthly Mass chanting of Veda on Swami's birth star day at Sai Pushpanjali was also mentioned in the meeting.

"Sri Sathya Sai Bhajanai Vazhimuraigal" - a Bhajan Guidebook was distributed to all the participants.



Mahilas Meeting with District Spiritual Coordinator



Activities from Educational / Youth Wing

Mahilas Youth Meet on 7th Aug'22

In line with our Swami's Message to Youth - "The youth of today by virtue of cultivating pure feelings, balanced qualities & good conduct can be true messengers of Bhagawan Baba" a Youth Members' Meet (Mahilas) was held at Sai Pushpanjali.

Ms. Asha (District Youth Coordinator - Mahilas) addressed the youth participants' enlisting their involvement in the Sai activities conducted by Samithis / District. She advised the gathering to register their details in the Membership Registry to help the District in organizing activities, meant specifically for Mahilas (Youth)

She also stressed that Youth Coordinators should be appointed in all the Samithis.

The girl students who were fortunate to attend the National Leadership Program at Puttaparthi shared the main tenets of the program with the other members.

Ms. Bhargavi (District Bhajan Coordinator - Mahilas Youth) highlighted the nuisances of Sai bhajans and how the Bhajan works out for the present day young generation. Finally, she appealed to the attendees' for their regular participation in the First Sunday Bhajans, exclusively allotted to District Youth.





Disaster Management Practical Training Session for Mahila Youth - 21st August

Young Mahilas roll up their sleeves to get trained to serve in the event of an unforeseen contingency - natural or otherwise.

Disaster Management Team comprising of 5 members, imparted training to more than 100 Young Mahilas from 8 Districts across the State.

The DM session held at Sundaram taught the basic nuisances like Knots Technique, Rescue Methods & Fire Fighting etc. We are happy to share that 9 Mahila Youth wing members attended the DM.

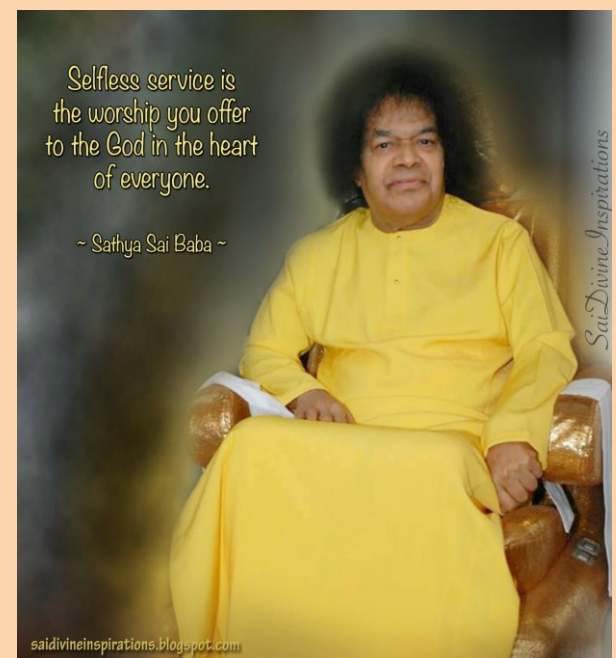
Wish to share proudly that whenever exigency arises due to calamities, DM Team from our Organizations, was also sought for in the relief operations.

Disaster Management Practical Training Session for Mahila Youth at Sundaram

Activities from Service Wing

Mahilas Service Coordinators' Meeting on 16th August

At Sai Pushpanjali, a Mahila Service Coordinators' Meeting was organized, attended by 16 Samithi Mahila Service Coordinators.



Smt. Usha. B, District Service Coordinator (Mahilas) welcomed the gathering and introduced all the Samithi Service Coordinators to Smt. Renuka, State Service Coordinator (Mahilas).

Smt. Renuka addressed the gathering on the following points viz.,

- **Enrollment of members in Sai Connect App.**
- **Communicating service activities to all the members through their respective Convenors.**
- **Advised Service wing members to coordinate 3-wing activities in a smooth manner.**
- **Initiate steps to establish contacts with the Balvikas parents for service activities.**



Samithis Service Coordinators (Mahilas) Meeting with SSC & DSC

Service Coordinators (Gents) Meeting - 28th August

At the behest of DSC, a Service Coordinators (Gents) Meeting was arranged at Sai Pushpanjali.

The well-attended session was made easy & comfortable to the participants for the “circular seating arrangements”. The members were very candid in their thoughts and forthcoming for streamlining Seva activities across the District.

The Meeting was held in the presence of Sri. Sarveshwaran, State Service Coordinator (Gents) & Sri. Prakasam Venkatesh, CMW DP and the inter-active meeting session was nicely coordinated by Sri. R. Ravi, District Service Coordinator (Gents).



Samithis Service Coordinators Meeting with SSC & DSC (Gents)

Snippets of the Meeting -

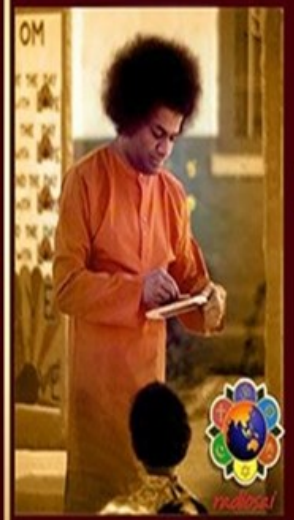
- *The Challenges faced in the National Narayana Seva*
- *Public Seva (traffic regulation in the school zones, medical camps for auto drivers, first aid & DM sessions in Apartment complexes, personality development classes, enrolment during Samithi Anniversaries, eye camps, SRP etc.)*
- *Prasanthi seva - Discussions on inconveniences & solutions*
- *New year 2023 diary was distributed to all the members*
- *Unanimously it was agreed to hold more such Review Meetings once in a quarter.*



“Of the twenty-four hours a day, Use six for earning and spending, six for contemplation of God, six of sleep and six for service to others.”

- SATHYA SAI BABA

LOVE EXPANDS



LOVE LIVES BY GIVING AND FORGIVING; SELF LIVES BY GETTING AND FORGETTING. – BABA

Special Article on Temple cleaning

- Padmasani Venkatesan

My humble Pranams at the Lotus Feet of our beloved Bhagawan Baba.

Speaking of Temple Cleaning.., my memories go back to the year 2015. In commemoration of our beloved Bhagawan's 90th birthday celebrations and in line with HIS Message "Cleanliness is next to Godliness" - we have planned "Cleaning of 90 Temples" across the District.

The Temple cleaning seva was very well organized, saw participation from almost all the members from the District with joy and the collective Seva efforts were offered at HIS FEET. Our Bhagawan says that nothing is possible without His Divine Sankalpa. The satisfaction and thrill of cleaning the precincts of HIS Altar by HIS WILL was felt by all the participating sevaks and it was a grand success.

Swami always gives HIS devotees "Seeds of IDEAS" in HIS unique ways. Is it not? Against this backdrop, let me share a personal conversation I had with my husband, casually. During the course of our chats, all of a sudden my husband asked me a direct question - "What are you (as District Mahila Service Coordinator) going to do for our Bhagawan's 90th Birthday? It felt it was a tough question to handle, hence kept calm and clueless. Then, I was increasing my praying schedules as I was begging for HIS Answers!!!! with emotions, to a question posed by my husband. But His Sankalpa is different! HIS seeds of Ideas are unique beyond our understanding. One fine day, Swami whispered in my ears to take-up Temple Cleaning Seva and looking now while penning this article, still I am mesmerized by HIS INSTRUCTIONS. Gratitude to Swami. You are all aware that our beloved Sai always looks for the 'Unity and Oneness' in our Sevas that alone PLEASES HIM MOST.

The joyful receipt of HIS sanction, energized us as we began to search / identify and road-mapped nearby Temples from the point of access & transportation and other logistical reasons. Accordingly, we formed a Core Team and contacted the Authorities' for their approval from the selected list of "90 Temples". By HIS profound Grace, all our genuine collective efforts became fruitful as we got the sanction and also arranged for cleaning materials so thoroughly. Oh my God! The Project was ready in a trice, quite unbelievable. Sai's Anytime Seva Wing, were ready for the task, of course, the participation of Mahila Wing was quite commendable.

The Temple Cleaning Seva was performed as per our Swami's Message - "Man mey Ram and hath mey kam"...God in mind and hand in Seva. More importantly, every one of us felt and learnt the real meaning of HIS Saying.

Traditionally, we worship the Idols inside the Temples by lighting oil lamps / oil for abhisheka, frequent use of camphors and incense sticks etc. More so, the task was a bit tiring what with the temples places are being worshiped by the general public in their own ways. Certain places in the temples would be oily, sticky and also stinky. I leave to the imagination of the readers, how tough it would have been to clean a Temple. But, HE was there and HIS INVISIBLE HANDS helped us and let us have a firm faith that remains EVER with us. Thus, we could able to clean those places without much difficulty and in fact took pride in doing the public activity to please our Bhagawan, HIM alone.

I would like to mention an interesting incident that happened during the Seva period. When we were doing the Seva in a particular temple, the priest of that temple wanted to know how many temples we have planned to clean. I replied “90 temples”. He said that it was not possible at all. We neither lost our hearts nor felt like quitting, by the said priest’s remarks. On the other hand, we charged ourselves more in fulfilling the task and the success of 90 temple cleaning, has become history now. The silent lesson learnt was and continues to remain is - HE is the DOER and we are HIS CHOSEN INSTRUMENTS. That is the lesson; we should develop in our earthly lives.

We, the sevaks, should not bother for the ‘mob psychology’ for their reluctance to follow cleanliness principles. Let us continue and take interest in public Seva activities, to PLEASE HIM. Sometimes, the general public will realize their mistakes and value the importance of cleanliness.

I am sure that my Seva wing sevadal sisters will not forget the mammoth cleaning task at Kesava Perumal temple at West Mambalam. We removed a heavy load of rubbish, weeds and grass in and around the temple areas so much that the temple became so clean. It was a kind of “Uzavarappadai” battalion for Appar Peruman, the relentless vigor of our Mahilas in HIS MISSION..... remarkable.

Things may appear to be easy and simple when we plan for an activity, but during the course, we learn the uncertain situations and also practical difficulties in fulfilling the given tasks. That is the REAL time, we often get connected with HIM and HE supplies you with a top strategy to overcome them. Though I felt my efforts were not encouraged, the POWER of Bhagawan and the cooperation of the Sevadal sisters & other non-members, helped me to write a success script.

At the beginning, most of the participating sevadals felt that cleaning a temple was an act of ‘punyam’, and in due course they realized that it was much more than that! Also, they realized that they have taken the right step towards our Bhagawan. What else do we need?

It is a challenge to draw people towards service. But at once they taste HIS nectar, I am sure they will become addicted to more opportunities. That is why, we the members through our spiritual conduct and Seva attitude, can bring an additional member in our service activities.

Let us try hard in every possible God-given opportunities, to enlist non-members to become members in HIS Organization as we know Sai Organization was started by HIMSELF in HIS NAME, for all the spiritual seekers.

I request our Chennai Metro West District, to arrange for more such public activities and programs for increased participation by the members / public in the District. The said activities will replace the feeling of 'I' in us; for a more acknowledged concept of 'We' - a sure path for a congenial atmosphere in our Sai Organizations. Service has an element of sacrifice in all of us, which alone will take us to the road of liberation.

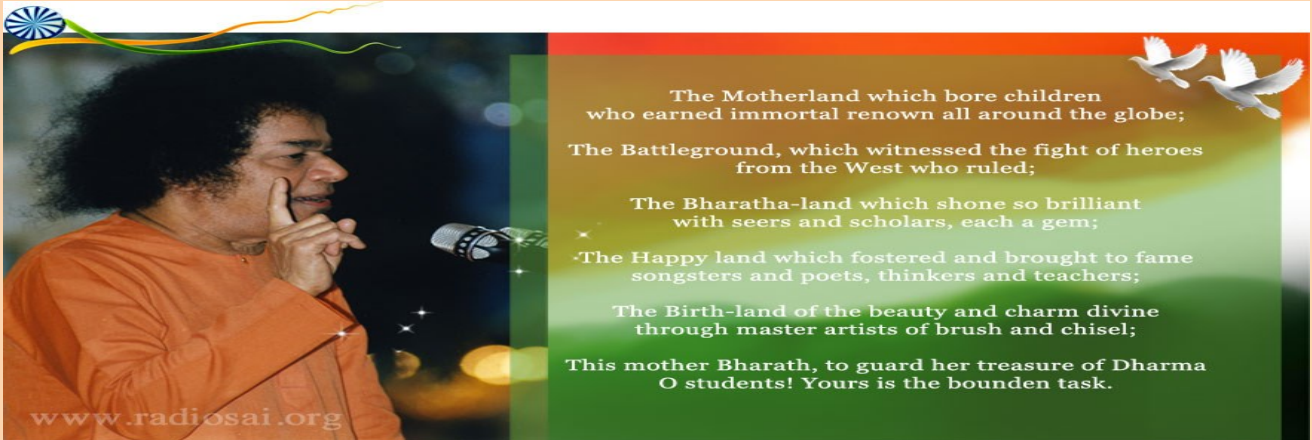
I, once again, thank our e-newsletter Sai Brinda for giving me yet another opportunity to share my experience and ideas.

My humble Pranams to His LOTUS FEET.

Jai Sairam

State-Led / National Initiatives

Independence Day Celebrations



Mother & Motherland are far glorious than Heaven – Baba

In line with our Swami's oft-repeated Sayings on the Mother Soil, we have marked the 75th Independence Day of our Bharath on 15th August in a befitting way. The National Flag was hoisted at Sai Pushpanjali attended by Office-bearers. Our member Samithis viz., - KK Nagar, Nungambakkam, Saidapet & UI Colony celebrated the Day by hoisting the National Flag at their respective Samithi places with participation from Balvikas children. Mangala Arathi was offered to Bhagawan and sweets were distributed.



KK Nagar



Kodambakkam



Nungambakkam



Saidapet

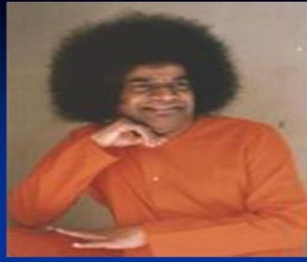


Sai Pushpanjali



UI Colony

Scaling New Heights in Seva



“The future of the country depends on the skill and the sincerity of the youth. Therefore, the necessary enthusiasm and encouragement must be generated among the youth. All my hopes are based on the students, the youth. They are very dear to me.”

Sathya Sai Baba, Sathya Sai Speaks IX (old edition), 34, 184.

We are proud to share that our District Youth member - Ms. Anubarathi of Saidapet Samithi was chosen as one of the volunteer members of the Medical Team that served in the remote areas of Leh District in the Union Territory Ladakh.

By HIS GRACE, SSSSO organized a Medical Camp to the relief of the local habitants in a remote area of the Leh District.

The camp was flagged off at the Leh market in the august presence of Sri. Jamyang Tsering Namgyal, Member of Parliament, IG, CRPF personnel and the local people welcomed the Sai Sevaks comprising of 10 doctors, senior Sevadal members, 29 volunteers and Sai Youth members from all over India.



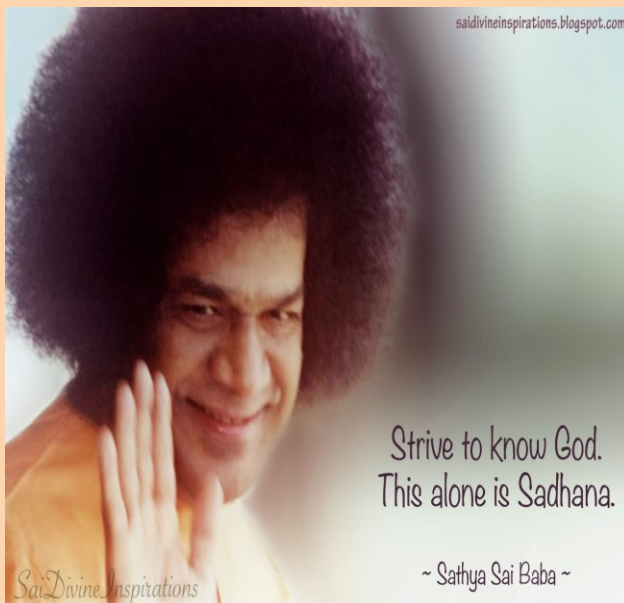
Medical Camp at Leh organized by SSSSO

Earlier, Sri. Jamyang Tsering Namgyal - MP was warmly welcomed by the Punjab State President of SSSSO. Sri. Jamyang Tsering Namgyal was highly appreciative of the initiatives taken by SSSSO & the local Sai youth members for their noble and commendable Seva in the tough terrains of Leh District. He promised the support of the Govt. in their endeavours done in a high spirit as per the Directions of the Divine Master.

Encouraged by the conditions and assurances from the Authorities, the youth team has decided to conduct skill & personality development programs for the local youth members in the area.

The global reach of this SSSSO through such services is a milestone in the expansion of love.

Sadhana Shibir for Samithi & Bhajan Mandali Office Bearers

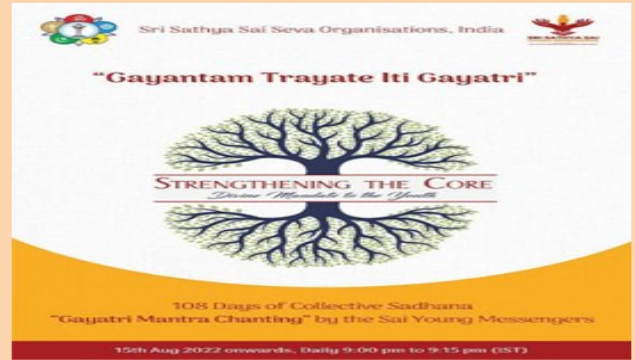


Sadhana Shibir at Sundaram

On the lines of the Sadhana Shibir held at Prashanthi Nilayam in June'22, a session was conducted at Thirunagiri on 31st July'22 & at Sundaram on 7th August for the benefit of Samithi Office-bearers, Bhajan Mandali Convenors and for other District level Office-bearers.

The session saw a good representation from our District for their spiritual elevation. We are happy to mention that Sri. S. Rameshkumar, Convenor, KK Nagar Samithi, a member in the SAI CONNECT core team, was given a chance to share the technical nuisances in the online membership app - "SAI CONNECT" to the benefit of Convenors across Chennai.

Daily Gayatri Chanting - Online program



***The Gayatri purifies the mind & confers devotion, detachment & wisdom –
Baba***

We are happy to share that Youth Members of SSSSO have initiated an online Gayatri chant program from 15th August '22 for a continuous period of 108 days.

On an average, 6 youth members from our District participate in this 15-minute online program. The program starts by 9.00 p.m and is beneficial for the working youth members in the Organization to contemplate on Mother Gayatri. The online collective Gayatri chanting program will conclude on 30th November 2022.

It is widely known that Gayantam Trayate Iti Gayatri -

“The Goddess Gayatri saves the chanter and also one who meditates on her”

May the positive vibrations engendered by this collective chanting of the Universal Mantra usher in health & happiness for all.

Pragathi Patham

One more Pragathi Patham was held at Sai Pushpanjali on 21st August. The Office-bearers of Saligramam, Vadapalani, Valasaravakkam & Virugambakkam attended the well-conducted session.

The State Office wanted to take the spiritual success from Pragathi Patham to the nook and corner of our TN. The following members from our District are selected as Master Trainers for the forthcoming Pragathi Patham Sessions viz., - Sri. Rajagopal (SSC), Smt. Sai Priya (DEC), Sri. Dinakaran (West Mambalam), Sri. Krishnan (West Mambalam) & Smt. Sumitra (West Mambalam)



Sadhana Shibir for Disaster Management Trainees at Prashanthi Nilayam

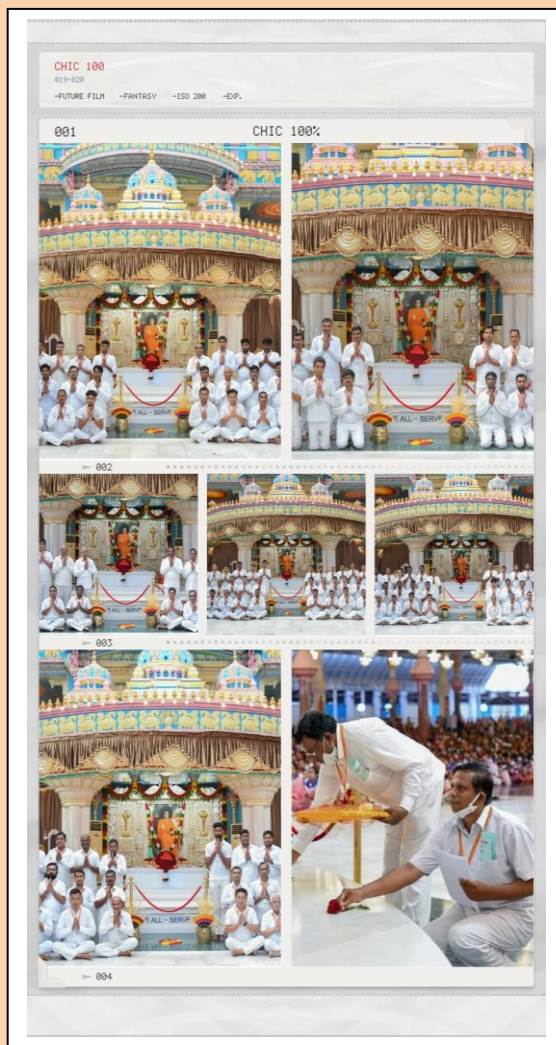
The Sadhana Shibir for Disaster Management Trainees was held at Prashanthi Nilayam from 26th to 28th August'22. 18 Sevadals from Tamilnadu North & South got the opportunity to participate in the Sadhana Shibir.

Sri. Manojkumar Gopalakrishnan of Vadapalani Samithi was blessed to be a part of this Sadhana Shibir.

Being a live training, it was an enriching experience for the sevadals to equip them for Disaster Management. The training encompassed the following features - first aid, general rescue methods, rope rescue, lashing methods, water rescue & hut fire rescue.

The training program was led by Tamilnadu (North & South).

The program was conducted under the able guidance of Sri. Thiyagarajan & Sri. Sekaran who excel in this field.



Sadhana Shibir for DM Trainees at Prashanthi Nilayam

Online Study Circle

The State Office has initiated online study circles (monthly once) for the spiritual upliftment of Office bearers across TN, by inviting the participants for their in-depth study of Sai literature. The participants are encouraged for their opinion and allowed to share their Sai experiences for the common benefit of the participants.

Directions from the Divine on Seva



I consider Sevā (selfless service) as the most important activity of the Samitis (center or service groups), for it is the highest Sādhanā (spiritual discipline). Do not entangle yourselves in pros and cons, in arguments for and against, whether this way or that. They are the consequence of wrong or perverted scholarship. Love ignores logic. Seva respects no syllogism. Try to observe the rules that have been framed through Love, to channelize the Love that you are required to cultivate. I have said this so often that all of you know my mind already: “Start the day with love; spend the day with love; fill the day with love; end the day with love; that is the way to God”.

- SSS 11.35: December 23, 1971

Jai Sai Ram