

Om Sri Sai Ram

- 1) There will be spiritual talks by Jegadeesan on Saturday March 6, 2010. The program will commence at 3:00 pm followed by dinner.
- 2) On Saturday March 27, 2010, there will be a spiritual talk by Justice Bhagavathi. The program will start at 6:30 pm followed by dinner. - CANCELLED
- 3) Service at Shepherds of Good Hope will take place on Sunday March 14. This time, there will be three time slots that a devotee can choose and participate in the Seva activity.

The three time slots are:

Slot 1 - from 8:30 am to 11:00 am

Slot 2 - from 11:00 am to 1:00 pm and

Slot 3 - from 8:30 am to 1:00 pm

In this way, SSE parents will have ample opportunity to involve themselves in the Seva activity. This will also allow the devotees to participate in the Seva as much as they can if they have other commitments in the early morning or noon. One can choose his/her preferred time slot. Devotees can also engage in helping to purchase items that are necessary for Seva at Shepherds of Good Hope. Please add your name in the sign-up sheet. Please contact Baskaran @ 613-226-3609 (or bas.baskaran@sympatico.ca) for further details.

- 4) The Tax receipt for 2009 will be provided next Sunday. Please pick-up the receipt from Jeyapal and Ashish Bhagrath.
- 5) It is with great sadness to let you know that Sushil Kumar Kundu passed away on February 20, 2010. May his soul rest in peace and May Swami bless the family at this sorrowful time of pain and give the strength to his family members!

Thought for the week of February 21st, 2010

Spiritual exercises such as Pooja (worship), Bhajans (singing the name of God), Dhyana (meditation) are activities prompted by devotion to take you to a higher plane. Controversy about their efficacy should not be indulged in by those who are unaware of the heights to which they can lead to. These can be gained and judged only through actual practice. The proof lies in one's personal experience alone.

- Sai Baba

**Love All, Serve All!
Help Ever, Hurt Never!**