

Sai Blessings



Jan 2023

VOL
3

**SRI SATHYA SAI BABA CENTRE OF
OTTAWA - CARLETON**





At Thy Lotus Feet

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President's Notes/Address

Swami always said, I am always there for you.

It is very painful to NOT see Swami anymore in his physical form. Devotees all over the world keep asking this question, Swami, where are you? We all miss that physical Swami, isn't it? We want to touch that form, want to talk to that form. We so badly want to have a glimpse of his divine darshan. I know people may say that we are physically getting attached to him. But it doesn't really matter because such a beautiful avatar will not come again.

He is the most beautiful avatar humanity has ever witnessed in this Yuga. We are truly blessed to witness and become his devotees. We need to reconcile ourselves that whenever we get that intense craving from within and the heart-to-heart prayer, he instantly manifests himself and will be there for us.

In fact, we need to put our hands on our chests and ask this question to ourselves, ARE WE THERE FOR HIM? We need to be there to have him work through us. Our lives should become his message. We need to rise above all; for that Love, care, compassion, and guidance Swami has given us.

It is time for us to pull our socks and become one for his divine mission. Not by just saying but actually practicing and participating whenever there are opportunities. We must become a role model for others, our kids, our families, our community, our country and the world in general. The only way we can bring about this change is by changing ourselves and start practicing what Swami has taught us.

We all should be one. It should all be a united effort. We should all have one common agenda to take forward Swami's teachings. His message on Love, service, care and compassion to the whole of humanity. Let's all pray to our beloved Swami to transform each one of us and fill our hearts with the same compassion and Love to become his true devotees.

Jai Sairam

. ~Sanjeev Walia



The Year Gone By: Events

First Half

January 01/ Saturday	New Year
January 14/ Friday	Makara Sankranthi
March 01/ Tuesday	Mahasivarathri 10 pm till 6 am
April 24/ Sunday	Sri Sathya Sai Aradhana Mahotsavam
May 08/ Sunday	Easwaramma Day
May 22/ Sunday	Sarva Dharma Stupa Day
May 16/ Monday	Budha Poornima
June 04/ Saturday	Doors open Ottawa
June 19/ Sunday	SSE Graduation
June 26/ Sunday	SSE Field Trip

Second Half

13/Jul/2022	Guru Poornima
19/Aug/2022	Krishna Janmashtami
31/Aug/2022	Ganesh Chaturthi
11/Sep/2022	Onam Celebrations
18/Sep/2022	Satsang with Rushi Thanawala
02/Oct/2022	Senior's Day Celebration
07/Oct/2022	Navaratri Garba by Women's wing
20/Oct/2022	Avatarhood Declaration Day
12-13/Nov/2022	Akhand Bhajans
20/Nov/2022	Ladies Day celebration with Sister Anuradha Venkateswaran
23/Nov/2022	Bhagwan's birthday celebrations with morning and evening programs
18/Dec/2022	Christmas Carol singing by SSSE children
25/Dec/2022	Christmas Celebrations
31/Dec/2022	New Year Celebrations



Service Projects



NARAYAN SEVA - FIRST
SATURDAY OF EVERY
MONTH



WE CARE WE SHARE
SERVICES - FIRST SUNDAY OF
EVERY MONTH



WE CARE WE SHARE FIVE (5)
SPECIAL SERVICES IN THE
MONTH OF APRIL AND
NOVEMBER



CARE PACKAGES BY
WOMEN'S WING



FOOD BANK DRIVE



TOYS COLLECTIONS FOR TOY
MOUNTAIN



SENIORS OUTREACH PROGRAM

<http://www.sathyasaottawa.org/>

Calendar of Events for 2023

SaiRam everyone, please note that exact program details will be sent prior to the events and celebrations. The schedule is tentative and there can be changes.

Month	Actual Date	Event and Festival
January	01/Jan/2023 Sunday	New Year
	15/Jan/2023 Sunday	Makara Sankranti / Pongal
February	18/Feb/2023 Saturday	<u>Mahasivarathri</u>
March	08/Mar/2023 Wednesday	Holi
	22/Mar/2023 Wednesday	Ugadi
	30/Mar/2023 Thursday	Sri Ram Navami
April	04/Apr/2023 Tuesday	Mahavir Jayanti
	06/Apr/2023 Thursday	Hanuman Jayanti
	07/Apr/2023 Friday	Good Friday / <u>Vishu</u>
	09/Apr/2023 Sunday	Easter
	14/Apr/2023 Friday	Tamil New Year Day
	20/Apr/2023 Thursday	Eid-al-Fitr
	24/Apr/2023 Monday	Sri Sathya Sai Aradhana <u>Mahotsavam</u>
May	05/May/2023 Friday	Buddha Poornima
	06/May/2023 Saturday	Easwaramma Day
	22/May/2023 Monday	<u>Sarva</u> Dharma Stupa day

Month	Actual Date	Event and Festival
June	03/Jun/2023 Saturday	Doors Open Ottawa
	04/Jun/2023 Sunday	Walk for Values
July	03/Jul/2023 Monday	Guru Poornima
August	29/Aug/2023 Tuesday	Onam
September	06/Sep/2023 Wednesday	Krishna Janmashtami
	19/Sep/2023 Tuesday	Ganesh Chaturthi
October	20/Oct/2023 Friday	Vijay Dasami (Dasera)
	24/Oct/2023 Tuesday	Avatarhood Declaration Day
November	11/Nov/2023 Saturday	Global Akhanda Bhajans
	12/Nov/2023 Sunday	Deepavali (Diwali)
	18/Nov/2023 Saturday	Special Program during Swami's birthday
	19/Nov/2023 Sunday	Ladies Day
	23/Nov/2023 Thursday	<u>Bhagawan's</u> 98th Birthday
	27/Nov/2023 Monday	Guru Nanak Jayanthi
December	25/Dec/2023 Monday	Christmas
	31/Dec/2023 Sunday	New Year Bhajans



If you Are Interested

The Sathya-Sai Center of Ottawa-Carleton engages in many spiritual and service activities. The details of which can be found here: <http://www.sathyasaioottawa.org/>

Conducting Aarati

kanjey@gmail.com

Giving Donation

<http://www.sathyasaioottawa.org/make-a-donation.html>

Participate in service activities

saiservice.ottawa@gmail.com

Attend & participate in Center activities

sanjeevottawasaicenter@gmail.com

Contribute to this newsletter

sanjeevottawasaicenter@gmail.com

Enrolling your child for SSE

sseottawacentre@gmail.com



Humility and Character are the Hallmark of Education

Discourse Date	16 March 2005
Place	Prasanthi Nilayam
Discourse Collection	Sri Sathya Sai Speaks, Vol 38 (2005)

Embodiments of Love! Students!

You have joined this institution to pursue your education. Firstly, make efforts to understand the true meaning of education. Humility and character are the hallmark of education. But, today, students do not develop humility. They are interested only in acquiring degrees. However, our educational institution is an exception in this regard. Few students come here with the sole objective of acquiring degrees. Most of them come here with the single aim of pleasing Swami by striving to follow Swami's ideals and attain exalted position in life. They give happiness to their parents by their good conduct.

Elders should evince interest in the education of their children. They should enquire as to what the children are learning in the educational institution and constantly monitor their progress. Modern students react to the queries of elders in a discourteous manner. They indulge in mere verbosity and confuse the elders.

Students should earn a good name in society and uphold the reputation and prestige of the institution in which they study. An educational institution is like a gigantic tree. Different subjects are like its branches and sub-branches. Virtues are like the fragrant flowers that you find on the tree. Faith is like the roots. When you water the roots of faith, you get the fruit of Ananda (Bliss).



At present, all educational institutions have begun to feel that character is very important for a student. The end of education is character. Character does not mean good conduct alone. One should consider fellow human beings as one's own brothers and sisters. One should develop bhava shuddhi (purity in feelings), which will ultimately lead to jnana siddhi (attainment of wisdom).

Embodiments of Love! Students!

You have proved your worth among lakhs of students and secured high ranks in the GATE examination (loud applause). The examiners were highly impressed with the intelligence and behaviour of our students. They wanted to know whether our students came from East or West, North or South. Our students replied, "Sir, we are neither from East nor from West, neither from South nor from North, we are the students of Sri Sathya Sai Institute of Higher Learning."

They are not satisfied with what they have achieved. They are striving hard to bring more and more laurels to our Institute. Wherever you go, you find our students leading exemplary lives propagating the ideals of our educational institutions.

Once someone asked our students what type of food they like to take, vegetarian or non-vegetarian. They replied in one voice, "Non-vegetarian food gives rise to evil thoughts and feelings; hence we would never touch non-vegetarian food." They are 100% vegetarians.

Even the students who used to eat non-vegetarian food earlier became vegetarians once they joined our Institute. Once someone tried to persuade one of our students to take non-vegetarian food, saying it contained a lot of good nutrients. But he did not budge from his stand.

He said, "I don't want such vitamins and proteins. Even vegetarian food has all the vitamins and proteins that I need. I want to tread the path of truth, and non-vegetarian food is not at all conducive for spiritual progress. Along with secular education, I want to acquire spiritual education and propagate it to the world." Many such students are firm in their resolve to spread the Sai ideals. It is because of such noble students that our institution has attained worldwide fame.



Prashaanthi Nilayam, 12-10-1964

Once you rise to the higher level of consciousness and live at that level, all those events cease to have the same meaning and so have less and less effect on you. Instead, you remain happy and calm at all times, merely observing events as they come and go, for that is what they do.

Shri Sathya Sai Baba

Madras, 14-8-1964

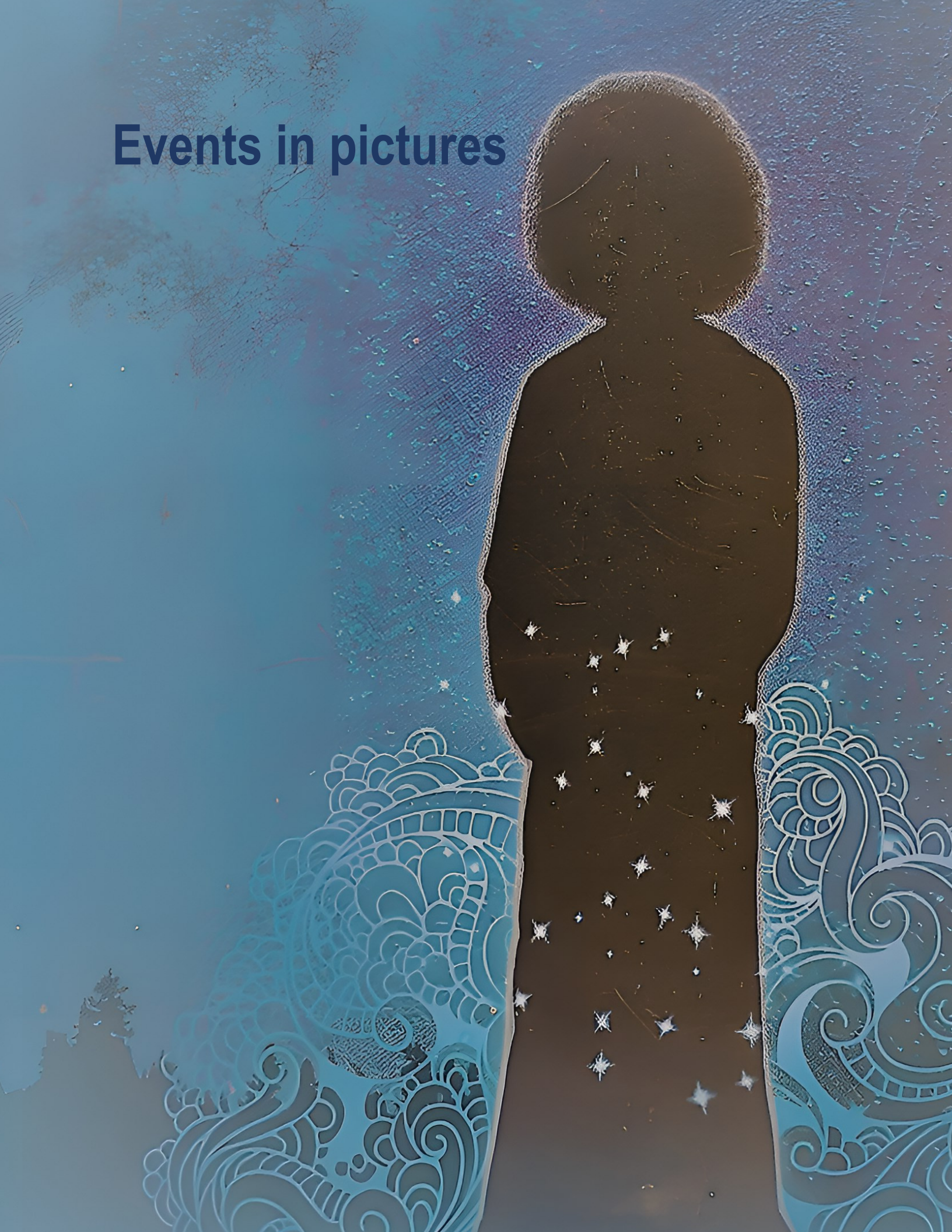
Saadhana- When the house catches fire, you run about in desperate haste to get succour and to put out the flames; but, you do not realise that the fire raging inside you is even more devastating and devouring. You must take up the duty of fire fighting in right earnest and never rest until the flames are put out. Start the fight right now. Start serving your parents, your teachers, the elders, the poor, the diseased, the distressed. Do not foster factions and divisions. Promote love, concord, co-operation, brotherliness. Do not look upon people as belonging to this state or that; all are in the state of bondage to the senses, to the objective world. Join the company of the good, the striving, the yearning saadhakas and you will soon reach the stage of peace within and harmony outside.

Shri Sathya Sai Baba

We take Refuge in your Feet

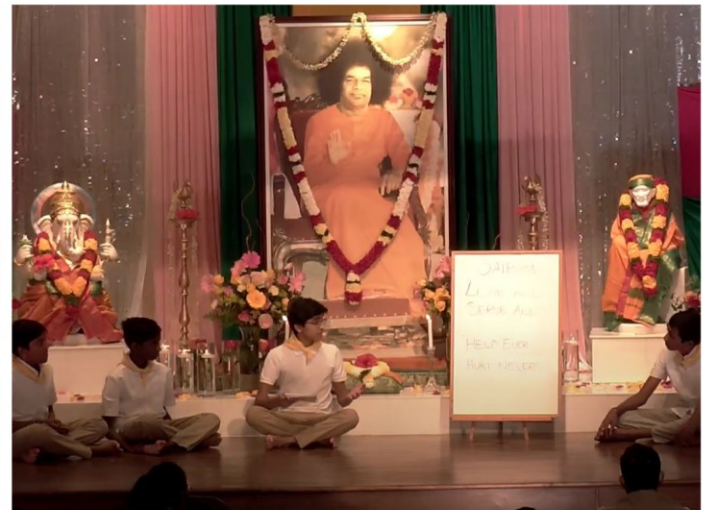
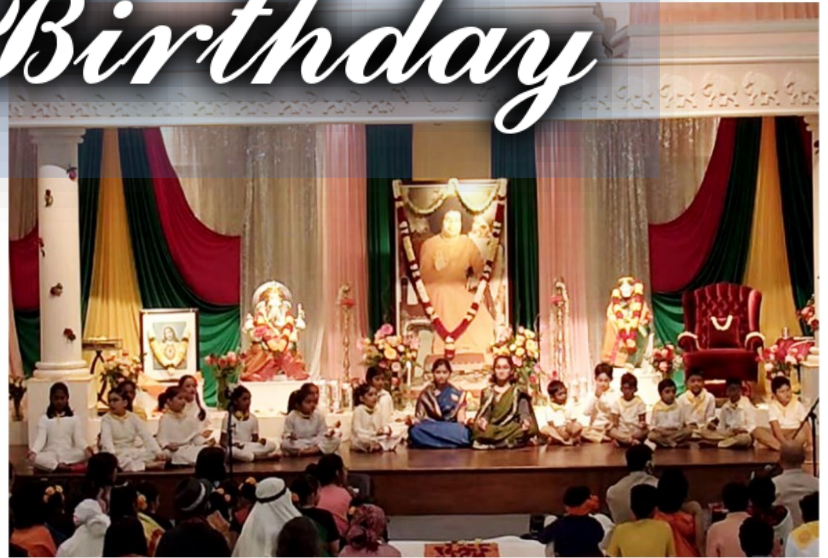
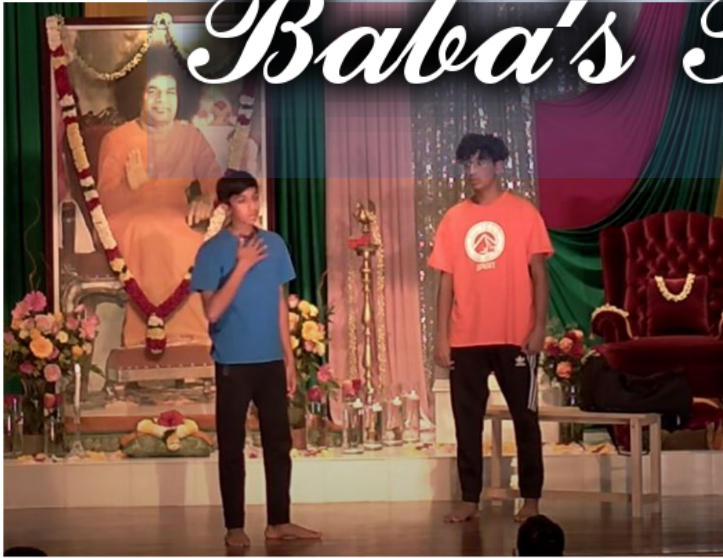


Events in pictures





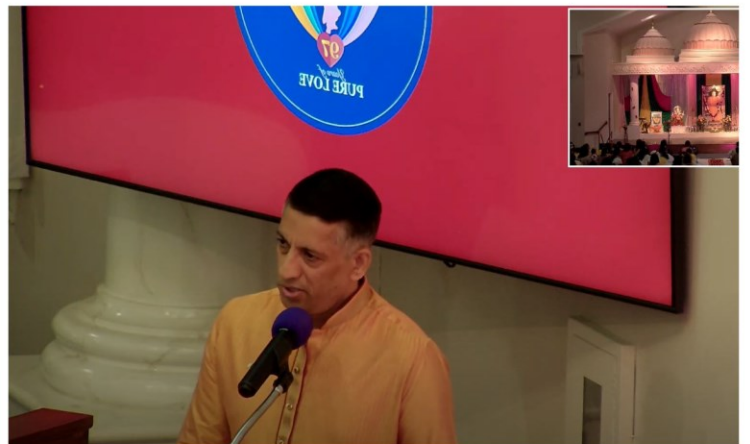
Baba's Birthday

















Seniors Day





Ladies Day



The Silent Man has no Enemies

The silent man has no enemies The tongue is the armour of the heart; it guards one's life. Loud talk, long talk, wild talk, talk full of anger and hate--- all these affect the health of man. They breed anger and hate in others; they wound, they excite, they enrage, they estrange. Why is silence said to be golden? The silent man has no enemies, though he may not have friends. He has the leisure and the chance to dive within himself and examine his own faults and failings. He has no more inclination to seek them in others. If your foot slips, you earn a fracture; if your tongue slips, you fracture some one's faith or joy. That fracture can never be set right; that wound will fester for ever. Therefore, use the tongue with great care. The softer you talk, the less you talk, the sweeter you talk, the better for you and the world.

Amalaapuram, 9.30A. M. 29-3-1965 : Sathya Sai Speaks



Prayer

Dear Ma Saraswati!

- Ma, we pray to you to illuminate our mind with true knowledge!
- Ma, you shower upon us your choicest blessings for every creative, academic, and intellectual pursuit!
- Ma, bless us that we always stay humble, that we are always guided by you!
- Ma, give us the power to discern what is right, correct and make selfless choices!
- Ma, permeate our speech, actions, and every thought!
- Ma, help us get over our unreal attachments to ephemerals, set us our spirit free from maya!
- Ma, guide us towards the path of sadhana, self-realization and increasing awareness every day!
- Ma, we love you and one day let us realize that you and I are one!





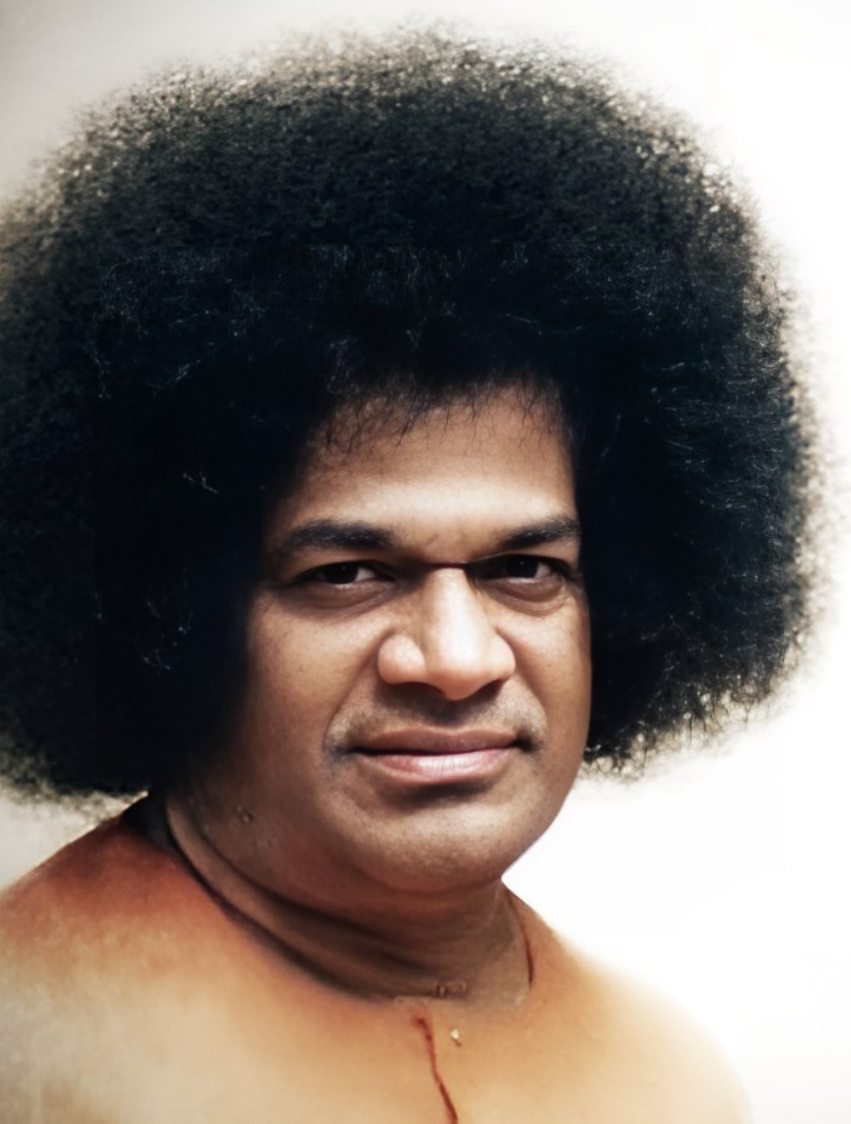
A picture to treasure



Keep in Touch

To know about upcoming center activities & events, please visit
<http://www.sathyasaiottawa.org/>.

Please email sanjeevottawasaicenter@gmail.com if you want to receive regular updates on Sai-Center's events and activities.



“Call on me,
I will answer
you.”

*h. Jille Lave
Baba*





Disclaimer

This newsletter is a humble attempt to connect all members of Sai-Family of Ottawa-Carleton. Any information presented here is shared for the benefit of the readers. The content of the newsletter is respectfully offered to you to explore, in the hope and with the intention that exploring this material will be useful to you.

You can share this newsletter with your interested friends and relatives.

While we make every reasonable effort to ensure the accuracy of the information, some information may not be complete and may contain inaccuracies or errors. If you believe any information is inaccurate, please let us know by contacting us at: saiblessingsottawa@gmail.com



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