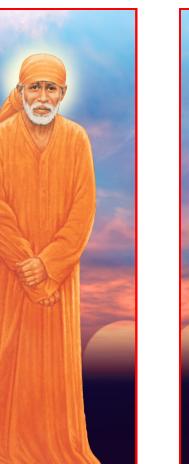
Sri Sathya Sai Newsletter

January 2019

Issue 6

Love All







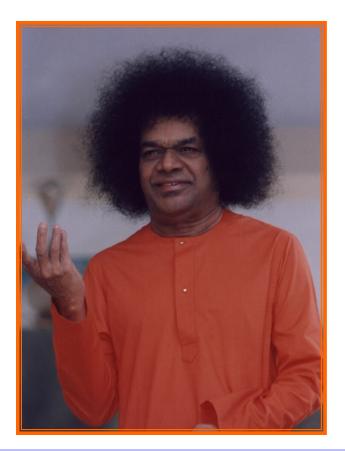
Serve All

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Celebrating the 9 93rd year of the Divine Advent



Om Gan Ganpataye Namo Namah...

Om Namo Bhagavate Vasudevaya Dhanvantaraye Amrutha Kalasa Hasthaaya Sarvamaya Vinashanaya Trai Lokyanathaya Sri Maha Vishnave namah.

ஒம் நமோ பகவதே வாசுதேவாய தன்வந்த்ரயே அம்ருத கலச ஹஸ்தாய ஸர்வாமய விநாசனாய த்ரைலோக்ய நாதாய ஸ்ரீ மஹா விஷ்ணவே நம

Meaning: I bow down and pray to the Lord Dhanvantari who is the incarnation of Lord Vishnu and called as Sudarshana Vasudev Dhanvantari. You hold in your hands, the Kalasha filled with the nectar of immortality. Oh Lord, you can remove all fears and diseases. You protect all the three worlds and you are the well wisher of all created beings. You are the manifestation of Lord Vishnu. You are the ultimate healer of all the living beings. We worship you and pray you.

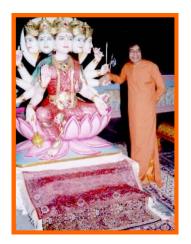
Dhanvantari is worshipped as the god of medicine. He is said to be the physician even for the gods. Regarded as the Lord and source head of Medical science, Dhanvantari is an incarnation of Lord Vishnu who emerged from the milky ocean with the pot of nectar (Amrut) when it was churned by the gods and demons. Dhanvantri being the incarnation of Vishnu is depicted in dark complexion with a jug carrying the nectar of immortality (Amrut). He has four hands. The right hand holds the discuss (Sudarshan Chakra) and the left hand the conch (Panchajanya).

Gayathri Maha Mantra

Om Bhur Bhuvaḥ Swaḥ Tat-savitur Vareñyaṃ Bhargo Devasya Dhīmahi Dhiyo Yonaḥ Prachodayāt

Meaning: We meditate on that most adored Supreme Lord, the creator, whose effugence (divine light) illumines all realms (physical, mental and spiritual). May this divine light illumine our intellect.

Word meaning: **Om**: The primeval sound; **Bhur**: the physical body/physical realm; **Bhuvah**: the life force/the mental realm **Suvah**: the soul/spiritual realm; **Tat**: That (God); **Savitur**: the Sun, Creator (source of all life); **Vareñyam**: adore; **Bhargo**: effulgence (divine light); **Devasya**: supreme Lord; **Dhīmahi**: meditate; **Dhiyo**: the intellect; **Yo**: May this light; **Nah**: our; **Prachodayāt**: illumine/inspire.



Om Sri Sayeeswaraya Vidhmahe Sathya Devaya Dheemahi !

Tanno Sarva Prachodayat

S.A.I. – *Seva...All Inclusive* (Collective Seva) Seva.

Regular Activities.

<u>Spiritual –</u>

The essence of all Sadhana "...When you chant the Divine Name with love at least once, you will experience inexplicable and overwhelming bliss in your heart. Divine Name melts even a stone-hearted person. Even ice takes some time to melt, but God's heart melts instantaneously when you chant His Name with love. Even while you are travelling, you can chant His Name silently without attracting others' attention. There is no greater sadhana than this. The essence of all sadhanas is contained in this. In the Kali Yuga, chanting of God's Name is the royal path to liberation..."- **Baba**

- Nagarsankirtan was held on the 1st Sunday of every month and 2018 onwards we are doing it on every Thursday at Bhajana Mandali - "Anand Sai Baba Temple", Arul Murugan Nagar Main Road, Kilkattalai from 5.00 am to 6 am. Members join in for this pre-dawn spiritual venture.
 - We are expanding this activity to every individual houses on phased manner.
- **Bhajan at our Mandali :** All Saturdays , Bhajan is conducted at our Mandali- "Anand Sai Baba Temple" , Arul Murugan Nagar Main Road, Kilkattalai between 6.30pm and 7.30pm. Earlier Bhajans were conducted only on 2nd and 4th Saturday.
- House Bhajan: Devotees regularly attend bhajan sessions which are held once in a month (First Tuesday) at fixed venues, being devotees' residences, on a rotational basis.

Educational –

Balvikas :- The Goal of the Balvikas movement is societal transformation. But where should this process begin? According to our Indian culture, it is said, mother is God, father is God. One's parents are the manifestations of Divinity in a visible form. Our parents have given us this body; have cared for us by giving us food and also given us the ideals with which we have to lead our lives. Hence we must consider showing our gratitude to them as our first and foremost duty. Our body, our blood and everything in this human body, all the aspects and all the capacities are given to us as a gift by our parents. If you are unable to give satisfaction to your parents who have given you this sacred body, how will you be able to do good to the country? How will you be able to transform the society? How will you be able to look after the security of your country? You can think for yourself. When we are not in a position to make our parents who live in the same house happy, how can we spread happiness across the country and the world? - Baba

Balvikas classes are conducted at our Bhajana Mandali every Sunday between 9.30am and 10.30am. Rural Balvikas at Smt. Kamala Sairam, Senior most member of our mandali., Thenmozhi nagar, Kilkattalai. (Near EB office)

Mandali Seva - Service activities

God is the embodiment of compassion. He watches for a grain of goodness or humility so that He can reward it with tons of grace. Deserve the grace of God by helping the weak and the poor, the diseased and the downtrodden. Sathya Sai Baba

made food packets, to home, orphanages

Narayana Seva- Narayana Seva is Temple Service -(Uzhavarapani) : Temcarried out at our Bhajana Mandali ple seva is conducted on every Thursday for every Sunday. Fruits and biscuits the smooth functioning of the temple activiare distributed along with home ties and assisting devotees gathering for the Old age Aarthi and prasadam distribution, etc.,

> Spreading of Sai Message: Enrollment of subscription for Sanathanasarathy, renewal on regular basis.

Liquid Love—(Blood Donation):

We organise blood donors on SOS call request. So far an average of 15-20 units of blood has being arranged every month.



<u>Balvikas classes</u>























<u>Balvikas Parenting Programme</u>













We have conducted a Balvikas Parenting Programme at our Mandali on 28-01-2018. Mr. Krishnan, a well wisher of our Balvikas programmes, at our request, conducted this programme had purposeful interactions with parents, to make them understand about our organisatiion and its objectives.

Some of the major decisions, advised to be taken by the Parents are :- Regular health checkup, switching of TV, not giving electronic gadgets to children, Avoiding plastics, giving priority to children and parents should feel that they are role models. Insisted on Bhagwan's guidance Deiva Preethi, Papa Bheethi and Sanga Needhi and follow "5D"s of life., Awareness about good touch and bad touch for girl children was also explained.

Parents were so inspired (most of them young parents of young balvikas children.) and made Sankalpam to adhere to the "take away points"

Special Activities.

Special Bhajans/Poojas were held to mark festive days:-

ADI Velli and THAI velli Kuthuvilakku Pooja :

Kuthu villakku Pooja is being conducted every year on Adi velli and Thai velli (4th Friday of calendar year) at our mandala and about 45 Mahilas took part in both session, majorly by non sai devotees.





Navrathri Bhajan: Special bhajan was conducted at our Bhajana Mandali on the auspicious occasion of Saraswathi Pooja. Devotees attended and sang bhajans in praise of the Three Devis – Maa Durga, Maa Lakshmi and Maa Saraswathi. Our Balviaks children rendered various cultural programmes.

Our Balvikas students were honoured with Sai literature and stationary items. Further, the students and Gurus were sponsored with one year subscription of Sanathana Sarathi.

Lakshmi Pooja: On Diwali 6th November,2018, we have conducted Lakshmi Pooja and distributed Lakshmi Coin to all the participants.





Participants appreciated our pooja arrangements and they are eagerly waiting for more such programmes.





விளக்கே, திரு விளக்கே, வேந்தன் உடன் பிறப்பே ஜோதி மணி விளக்கே ஸ்ரீதேவி, பொன்மணியே அந்தி விளக்கே அலங்கார நாயகியே காந்தி விளக்கே காமாட்சி தாயாரே விளக்கு மந்திரம் விளக்கே, திரு விளக்கே, வேந்தன் உடன் பிறப்பே ஜோதி மணி விளக்கே ஸ்ரீதேவி, பொன்மணியே அந்தி விளக்கே அலங்கார நாயகியே காந்தி விளக்கே காமாட்சி தாயாரே பசும்பொன் விளக்கு வைத்து பஞ்சு திரி போட்டு குளம் போல எண்ணெய் விட்டு கோலமுடன் ஏற்றினேன் ஏற்றினேன் திருவிளக்கு எந்தன் குடி விளங்க வைத்தேன் திருவிளக்கு மாளிகையும் தான் விளங்க மாளிகையில் ஜோதியுள்ள மாதாவை கண்டு மகிழ்ந்தேன் யான் மாங்கல்ய பிச்சை மடிபிச்சை தாருமம்மா , சந்தான பிச்சையுடன் பூலைனங்கள் தனம்களும் தாருமம்மா பெட்டி நிறைய தாருமம்மா , பட்டி நிறைய பால் பசுவை தாருமம்மா கொட்டகை நிறைய குதிரைகள் தாருமம்மா புகழுடம்பை தாருமம்மா , பக்கத்திலே நில்லுமம்மா சேவித்து எழுந்திருந்தேன் , தேவி வடிவம் கண்டேன் , வஜ்ரா கிரீடம் கண்டேன், வைடூர்ய மேனி கண்டேன் முது பச்சை கண்டேன் முழு பச்சை மாலை கண்டேன் , சவுரி முடி கண்டேன் , தாழை மடல் தூடக்கண்டேன் சாந்துடன் நெற்றி கண்டேன் , தாயார் வடிவம் கண்டேன் கமல திருமுகத்தில் கஸ்தூரி பொட்டு கண்டேன் மார்பில் பதக்கம் மின்ன மாலை அசைய கண்டேன் கை வளையல் கலகலவென கணையாழி மின்ன கண்டேன் காலிற் சிலம்பு கண்டேன் , காலாயிபீலி கண்டேன் மங்கள நாயகியை மனம் குளிர கண்டு மகிழ்ந்தேன் நான் அன்னையே அரும்துனையே , அருகிருந்து காருமம்மா வந்த வினையகற்றி மஹா பாக்கியம் தாருமம்மா தாயாரே சரணம் என்றேன் , உன் தாளடியில் நான் பணிந்தேன்

Ladies Day :

This day of 19 November is celebrated as Ladies Day in order to delve into the sacred qualities of women and disseminate them. Women are the repositories of Truth and Culture - **Baba**

Every month 19th is Mahilas day and various activities done by mahilas like sahasranamam chanting, temple cleaning etc.

On 19 November, a special Ladies' Bhajan was held at 'Sundaram', and as the Part of mahilas team from kanchi north district, our Mandali mahilas joined in honour of Ladies Day joined in to rejoice during this exclusive exaltation. The day began with Sahasranamam in the morning participated by both gents and ladies.

The evening programme began with veda chanting by mahilas.

Subsequently, the hall was resonating with the melodious voice,video show at Sundaram followed by a special bhajan by the mahilas.

Global Akhand Bhajan:

Akhand Bhajan Realize that there is nothing greater than bhajan. What bliss is there in bhajans! What a demonstration of oneness is it when a myriad throats join in uttering the name of God! The vibrations emanating from them make the heart vibrant. If you sing alone in your shrine, the vibrations return to you as a reaction. But in community singing, what you have is not a reaction but a wave of vibrations. - **Baba**

Harmonious intonations of Bhajans, tender expressions of devotion rang out in the environment the globe over from 6 pm on Saturday, 10th November to blissfully conclude at 6 pm on Sunday, 11th November.2018. Our Sai Members about 18 took part in this wondrous congregation held at our Chromepet Samithi.

IN THE MONTH OF APRIL,2018,WE HAVE STARTED THE INDIVIDUAL SPIRITUAL SADHANA OF TYPING & TEXTING "AUM SRI SAI RAM" LIKITHA NAMA JAPA,(COUNT AS PER THEIR CONVENIENT) IN OUR WHATSAPP GROUPS, AS THIS SADHANA WILL BE THE FIRST MESSAGE OF THE DAY, AND FROM AUGUTST ,2018, WE HAVE ALSO STARTED GAYATHRI MANTRA CHANTING ON EVERY THRUSDAY EVENING 6.00PM TO 6.15 PM, @ OUR MANDALI PREMISES AND ALSO MEMBERS WHEREVER THEY ARE.







93 Bhajans at Mandali

With the limited members who have proficiency in bhajan skills, we could organize 93 bhajans in connection with swami's birthday celebration in two phases.

Indian Festivals/cultural's

On all major festival like Ganesh chaturthi, krishnajanmashhi, Navarathri and Bhagwans birthday the balvikas children were motivated to draw pictures of the daities during balvikas classes there by making them understand importance and basics of these festivals. Thereby enabling them to participating in a competition like atmosphere on 2nd October under the theme swathchatha se divyathat tak.

Dahi Handi / Uriadi Tiruvizha

In particular on Janmastami day, the Uriadi programme was conducted with fun and fair at our mandali premises. It was heartening to mention here that our by parents took major initiatioive in making the programme a grand success with the participation of all by children. About 50 members took part.

During Navarthri fortnight, the balvikas students exhibited their individual talents like sloka chanting, miridhangam play, and classical dancing infront of our beloved Bhagwan. About 70 members including non sai devotees,

District level Mahila Youth Programme

On 7th February, 2018 participated in Guindy temple Thaivelli Pooja and Sponsored Blouse bits for Thamboolam.

Participated in Ambedkar colony 93 Gaythri Japa Yagna

93 Bhajan at District level

Youth mahilas participated in the district youth 93 mahilas programme held at madipakkam samithi and the other mahilas participated in district level mahila 93 bhajans held mahalakshmi nagar







Dahi Handi / Uriadi Tiruvizha











Navarathri Thiruvizha Glimpses



District office bearers visit to our mandali

On July 7th ,2018 we conducted Gratitude day programme at our mandali for grand success of parthi yatra programme to our beloved bhagwan, We are glad to inform that on our request the then District mahilia spiritual co ordinate, Sister Kavitha Murali, attended and addressed the gatherings.





Mathru Pooja

On Eswarmma day, we could ensure all the balavikas students and their mother to be present at our Mandali premises for Mathru Pooja, it is also heartening to report here, that many of the near by resident's family took part in this programme with full dedication and devotion apart from balvikas students who brought their friends to this programme and helped us to improve our balvikas to a certain extent.

Guindy temple programmes

Towards the year end we were advised by our district administration to participate in the bhajan programmes at guidnly temple on designated days, which was whole hearted and actively implemented by our mandala members.

Mobile Medical camp seva

Towards the fourth quarter of 2018, we were in a position to take part in the district mobile medical camp seva at Vellaikal, Near Medavakkam.





Our sevadals also grabed the opportunity of doing seva at SLBTS-2018 at

Chrompet.







SAIRAM. WE ALSO WISH TO ADD HERE THAT WITH HIS DIVINE GRACE AND AFTER GETTING CLEAR-ANCE FROM THE DIST. ADMIN., WE HAVE STARTED A WEBSITE, UNDER THE NAME <u>HTTP://SRISATHYASAIKILKATTALAI-KN.IN.</u> NOV.19,2016. THIS WEBSITE GIVES ACCESS TO INNUMERABLE SATHYA SAI DEVOTEES AND WE COULD SERVE THEIR REQUIREMENTS, SUCH AS BLOOD DONATION, OTHER ORGANIZATION RELATED INFORMATION ,LOCATION OF SAMITHI ACROSS THE GLOBE ETC.. DEVOTEES COULD ATTEND GLOBAL BHAJAN. WE HAVE ENROLLED NUMBER OF BV CHIL-DREN TO OUR CLASSES. WE HAVE REFERRED NUMBER OF DEVOTEES MIGRATED FROM OTHER STATES TO OUR DISTRICT TO CONCERN SAMITHIS. WE ARE ABLE SHARE BHAGWANS MESSAGE AND OUR WHOLE DISTRICT/MANDALI ACTIVITIES TO ALL THROUGH THIS MEDIA. PLEASE VISIT OUR SITE AND REGISTER YOUR SELF FOR OUR REGULAR NEWS LETTER AND OTHER COMMUNICATIONS.

Parti Yatra-2018

The greatest impetus given by the district administration for strengthening our mandali base was the Parthi Yatra Programme in July 2018. We could contact and mobilise 45 plus members mostly non sathya sai devotees in our area and we could ensure all the families in and around our mandali premises attend our bhajans and participate in our regular activities. It pertinent to mention here that we conducted bhajans at their houses on a regular monthly basis, so that the relationship strengthens between the mandala and them. Members are registered with Saione app.



















<u>Special Sevas:-</u>

During the winter season our sevadals were blessed with the opportunity of rendering services—Blanket Distribution Seva for road side dwellers in and around Kilkattalai and Choremepet on the eve of swami's birthday celebrations.

Chart Sheets and other stationeries where given to orphanage @ Kovilambakkam on their request.

Blanket distribution for Gaja Affected areas.

We have extended our hands with the supply of 50 blankets for Gaja affected Vedaranyam, Nagapattinam etc. through district administration.



Swacha Bharat Abhiyan:

The Honourable Prime Minister of India Shri Narendra Modi as a true devotee of Bhagawan Sri Sathya Sai Baba has rightly launched `Swacha Bharat Abhiyan'.-SSSSO, AIP

In connection with 'Swachatha se Divyatha Tak ' on October 2nd, 2018,on the eve of Gandhi Jayanthi, our sevadals rendered service at the Burial Ground, from morning 7.00 to 10.00 am as part of Kanchii North Team.

As advised by our district administration and as per the swatchatha se divya tha tak programme, we conducted balvikas drawing competition programs at our mandali and some of the photos taken during the occasions are placed below..

Swachata Se Divyata Tak

Drawing Completion



CELEBRATING 93RD YEAR OF THE DIVINE ADVENT

With the mood of enchantment and festivity setting in, we had a week long Birthday celebrations of our Beloved Bhagwan starting from 17th November 2018 to 24th November 2018. **17th November:**

Being Arudhra Nakshathiram special Bhajan was conducted followed by Aarathi. ${\bf 19^{th}}$ November:

Participated in District level Progarmme organised at "Sundaram", R.A. Puram, Chennai.

22nd November: Gearing up for the BIG DAY-

Our Mandali premises was cleaned and well decorated for Birthday Celebrations with the help of members.

A Sai Family Festival

In line with the our AIP message that Bhagwan's birthday celebrations should be celebrated in every members house with Gaiety and splendour. We planned it to have a relay /Chain Bhajans at our member's houses from morning 5.00 am till 10.00pm. Detailed information follows:-

SAI FAMILY FESTIVAL 23 NOVEMBER, 2018: CELEBRATIONS THAT WORSHIPED THE ADVENT OF AVATHAR

23rd November:

<u>5.00 am.</u> The day began with the chanting of Omkaram, Suprapatham followed by Veda Chanting at the Mandali. Devotees enthusiastically participated in the Nagar Sankirthan conducted around our temple area reverberating the atmosphere with spirituality.

<u>6.15 am.</u> Prashanthi Flag was hoisted by Shri. A. S. Kumar, Managing Trustree Anand Sai Temple, (Our Mandali premises), Shri. Sivakumar, dedicated sevadal member of our mandali took Aarathi after flag hoisting thereafter prasadam was distributed among the devotees. We wish to add here that Mr. Ganesan's family an ardunt well wish of our mandala seva activities, also provide us beverages immediately after our weekly nagarsankirthan programmes, took over the charge of preparing of Prasadam and distributed the same with hot coffee to all the members.

7.00 am-Tree Plantation at Road side Garden at Mandali Premises,

Chain of Bhajan-8am to 8 pm.

<u>8.00 am.</u> - Special Bhajan started frim Shri. Ramesh Sairam's flat, Magilam Apartments. Followed by Break Fast.

9.00 am—@ shri. Ravi sairam ,10.00 am Senthilkumar, 11.00am Shri. Mahadevan, 12.00 noon Narayana Seva, Vastradhanam.

1.00 pm Shri. Bhaskar followed by lunch

3.00 pm Mr. Selvaraj, **4.00 pm** Mr. Arulmani, **5.00 pm** Mr. Parthasarathy

6.00 pm Karthigai Deepam—Lighing festival at Mandali

7.00 pm Shri. K.P. Sai Sredhar

7.45 pm Balvikas group singing, 7.55 pm Cake cutting

Food packets prepared by our devotees were collected distributed among poor and needy people. Our sevadals visited the nearby General Hospital as well ,and distributed food packets to the patients and the visitors.

One of the special sevas taken over by the Mandali was <u>Vastradhanam and</u> <u>Blanket</u> Distribution.

Deserving women were given sarees and men were issued dhothi & towel.

Blanket Distribution: As the temperature dipped in the city towards the end of November, to spread warmth and love, our devotees eagerly participated in Blanket Seva.

Around 75 blankets were distributed to those living on the streets of Kilkatalai , Chromepet railway station, beneath foot over bridge and church compound wall areas.

on GST road,

The atmosphere was drenched in and exuding the essence of Bhagawan. Fireworks illuminated the whole area. After the offering of Aarthi to Bhagawan's, Mahapra-sadam was distributed to all present, which were prepared whole heartedly by every





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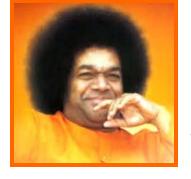




Photo Galary on Mathru Pooja. Held on Eswaramma day 06-05-2018









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Old Age Home Visit Photo Gallery













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Buttermilk distribution

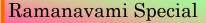






During Agni Nakshatram days was done by our mandali for about 7 weeks during the month of may and june. Every Sunday morning 9.30 to 12.30 at prominent Kilkattali, mothers world junction. We are thankful to the propriter of Mothers world super market for providing us the space every year.





We have celebrated Sriramanavami at Anand Sai temple in great manner and enrolled number of new balvikas children. Special Bhajan conducted at mahilam apartments



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Ramanavami Special

We have celebrated Sriramanavami at Anand Sai temple in great manner and enrolled number of new balvikas children. Special Bhajan conducted at mahilam apartments











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January 2019

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NARAYANA SEVA AND VASTRADHANAM













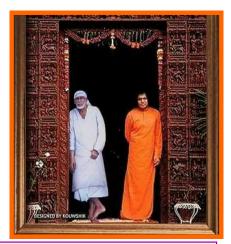




Sri Sathya Sai Newsletter

Refresh Yourself

I shall not give you up even if you forsake Me, for it is not in Me to forsake those who deny Me. I have come for all. Those who stray away will return to Me. Do not doubt this. I shall beckon them. I bless you that you may earn the vision in this life itself. - Sathya Sai Baba.



LET US ASPIRE FOR HIS GRACE AND BLESSINGS FOR A DIVINELY, EXTRAORDINARILY AND SPIRITUALLY REWARDING – 2019...



WELCOMING NEW YEAR - 2019

Wishing you all, Merry Christmas and a Happy New year!.2019.

Our Brother, Senior most member and State office Bearer, Shri. Ramesh Sairam volunteered to continue to be a advisor for Mandali activities and now we have nominated Shri. Ravi sairam as Coordinator mandali Activities and others members for various wing as per tabular column, in an our efforts to strengthen our respective activities and our golden objective of upgrading this Mandali in to blossoming as a Samithi. We pray to our Bhagwan in this direction.

	Gents	Mahilas
Spiritual Coordinator	Shri. Selvaraj- 9840910670	Smt. Abhirami Bhaskar- 9840854325
Educational Coordinator		Smt. Revathi- 9941521206
Service Coordinator	Shri. Sivakumar- 9894799511	Smt. Jayanthi Senthilkumar- 9940285095
Bhajan Coordinator	Shri Senthilkumar- 9710693392	Smt.Usha Ravi- 9884031101
Youth Wing	Shri. Siva bala- krishna- 7200801711	Ms. Aishwarya Ramesh- 9444836259

JAI SAIRAM

FOR MORE DETAILS VISIT OUR WEBSITE :www.srisathyasaikilkattalai-kn.in WHATSAPP : 7200867921., MOBILE : 8056039285.



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