

**SAI RAM SISTERS AND BROTHERS OF  
SRI SATHYA SAI BABA CENTRE OF CALGARY**

**SALUTATIONS AND HUMBLE PRANAMS AT THE  
LOTUS FEET OF**

**BHAGAWAN SRI SATHYA SAI BABA**

**We will celebrate Ladies Day on coming Sunday,  
November 20, 2016**

Devotees can bring Prashad that is easy to serve.  
(Preferably prepared by the Men)

**Schedule for November 20, 2016 & Venue:**

Hindu Mandir Calgary  
2225 24<sup>th</sup> Avenue N.E.  
Calgary T2E 8M2  
[\(403\) 291-2551](tel:4032912551)

**Bal Vikas: 2:00 – 3:45pm**

Parents please ensure your children are available at the Centre by 2:00PM so that the final practice session can start on time.

**Dynamic Parenting Workshop CANCELLED**

There will be no DVP class coming week

**Ladies Day Program from 3:30 pm onwards**

- The Dress code is White for all Ladies
- Candle Light Tribute to Swami by the Ladies
- Musical presentation by all Ladies and devotional bhajans

*19th November is being observed as Ladies Day. Ladies Day is celebrated to make you understand the value of mother's love and her concern for you. You owe your existence to your mother - **Baba***

**Arathi and Concluding Prayers**

## Announcements:

**1. Food Bank Collection** – Our Centre has started to collect items for the Calgary Food bank as there is a huge shortage of emergency items for children and adults. We kindly request the devotees to bring some non-perishable canned veggies, pasta, sauce, baby diapers, juice etc. We will setup a drop box to collect these items and will be dropped off at the Food bank regularly.

## Upcoming Events:

Please mark your calendars for the following upcoming events at the Sri Sathya Sai Baba Centre of Calgary.

Event Name	Day and Date
<b>A reminder to complete the Christmas Shoe boxes.</b>	We will be collecting them at the Centre coming week.
<b>Swami's Birthday Celebrations will be held at the Bear Spaw Lifestyle Centre.</b>	Saturday, November 26, 2016

All religions teach one basic discipline - the removal from the mind of the blemish of egoism, of running after little joy. Every religion teaches human beings to fill his heart with the glory of God, and evict the pettiness of conceit. It trains you in methods of detachment and discrimination, so that you can aim high and attain liberation. Believe that all hearts are motivated by the one and only God; that all faiths glorify the one and only God; that all names in all languages and all forms you can conceive, denote the one and only God; and that His adoration is best done by means of love. Cultivate that attitude of Oneness (*Eka-bhava*), between people of all creeds, all countries and all continents. That is the message of love I bring. That is the message I wish you to take to heart. Foster love, live in love, spread love - that is the spiritual exercise which will yield the maximum benefit.

- Divine Discourse, Jul 4, 1968.