

**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 UGADI THIS WEEK*****

DEVOTEES ARE MOST WELCOME TO BRING ANY PRASHAD THAT IS EASY TO SERVE. OF COURSE, THE BEST PRASHAD IS BRINGING YOUR FAMILY AND FRIENDS WITH YOU TO GET OUR DEAR BHAGAWAN'S BLESSINGS.

***** PLEASE READ THROUGH SOME KEY
ANNOUNCEMENTS BELOW *****

Schedule for March 26, 2017 & Venue:

Hindu Mandir Calgary
2225 24th 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.

Bhajans: 3:55 – 5:00pm

Arathi and Concluding Prayers

Announcements:

1 – Earth Hour:

This year the Earth hour falls on Saturday 25th March 2017 at **8.30 – 9:30PM LOCAL TIME**. People around the world are encouraged to switch off the lights for one hour as an act towards conserving

energy. Devotees are encouraged to follow this and consider doing spiritual activity either individually or in a group during the hour e.g. meditation, prayers or Bhajans in memory of Bhagawan etc.

<https://www.earthhour.org/what-is-earth-hour>

2. 2017 Aradhana Mahotsavam - This year the Sathya Sai Aradhana Mahotsavam (offering of love and adoration to Sathya Sai) will be observed for 40 days from 22 March to 30 April 2017.

This 40 days of intense spiritual practice includes the celebration of World Human Values Day on the 24th of April. Devotees are requested to engage in the following activities:

- Chanting daily Om Sri Sai Ram (108 times),
- Undertaking any service activity, including small daily acts of love and kindness, in thought, word, or deed,
- Reading, contemplating, and putting into practice one quote from Swami, every day, from the compiled list of 40 quotes attached.

May we all become exemplars of His divine teachings and live in unity with love.

Message from Dr. Narendranath Reddy,
Chairman, Prasanthi Council

3. 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 in 2017.

Date	Day	Festival
April 5	Wednesday	Ramanavami
April 14	Friday	Tamil New Year Day

April 15	Saturday	Vlshu
April 24	Monday	Sri Sathya Sai Aradhana Mahotsavam
May 6	Saturday	Easwaramma Day
May 10	Wednesday	Buddha Poonima
July 4	Tuesday	Ashadi Ekadasi
July 9	Sunday	Guru Poonima
August 15	Tuesday	Krishna Janmashthami
August 25	Friday	Ganesh Chaturthi
September 4	Monday	Onam
September 30	Saturday	Vijay Dasami (Dasera)
October 19	Thursday	Deepavali (Diwali)
November 11, 12	Saturday, Sunday	Global Akhanda Bhajans
November 19	Sunday	Ladies Day
November 22	Wednesday	Convocation of SSSIHL
November 23	Thursday	Bhagawan's Birthday
December 25	Monday	Christmas

Practice—that is the real thing that matters in spirituality! Scholarship is a burden, it is very often a handicap. So long as God is believed to be far away in temples and holy places, you will feel religion to be a burden and a hurdle. But plant him in your heart and you will feel light, burdenless and in fact, stronger! It is like the food basket – when you carry it on the shoulder, it feels heavy and you feel you are too weak to even carry it during a walk. But sit near a stream and eat it. Though the total weight has not decreased, the consequence of eating the food makes you feel lighter and in fact stronger! Similarly, apply this to the idea of God. Do not carry it on your shoulder, take 'Him' in! Let Him blossom within you! Keep the memory of the Lord and His Glory always with you!

- *Divine Discourse, Feb 18, 1964.*