

**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**

Schedule for October 29, 2017 & Venue:

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

Bal Vikas: 2:00 – 3:40pm

Parents please ensure your children are available at the Centre by 2:00PM.

Bhajan Practice: 3:15 – 3:45pm

All lead singers are requested to attend the Bhajan practice.

Bhajans: 3:50 – 5:00pm

Invocation prayers and Bhajans

Arathi and Concluding Prayers

Announcements:

1. Akhanda Bhajans

12 HOURS AKHANDA BHAJANS

SATURDAY, NOVEMBER 11, 2017

6:00 AM TO 6:00 PM

VENUE:

Mr. & Mrs. Ramesh Nagarajan

330 Sherwood PI NW

Calgary, AB - T3R 0Y3

(403) 619-8885 / 403-681-1158

******* FOOD LIST *******

DEVOTEES WHO WOULD LIKE TO BRING FOOD FOR THIS CELEBRATION, PLEASE CLICK THE LINK BELOW AND UPDATE THE ONLINE EXCEL WITH YOUR NAME AND PHONE #. IF YOU HAVE ANY QUESTIONS ON THE FOOD ITEM, PLEASE CALL MRS. ARCHANA RAMESH.

<https://docs.google.com/spreadsheets/d/1eyF2GoWNRRY3IJo-0Vw5mfVnJ9PnOyPip2mN79gPtYw/edit?usp=sharing>

2. Narayan Seva

Coming Sunday October 29th is the Narayan Seva day being the last satsang of the month. Devotees are requested to prepare peanut butter and jam sandwiches and/or granola bars for donation to drop-in center. Please prepare sandwiches at home if you can or bring bread and other materials to the centre and take help from group 2 & 3 SSE students to prepare them.

Thank you all for your great support. Sai Ram.

In Sai Seva,
Dr. Naga Mudigonda

Seva Coordinator

3. Swami's 92nd Birthday Celebration

This year we will celebrate Swami's 92nd Birthday on Saturday November 25th at the following venue:

SCA Community Association
277 Strathcona Drive SW
Calgary, AB, T3H 2A4
Office Phone 403-249-1138

Program will be from 3:00 – 6:30 pm followed by prashads.

More details will be published in the coming weeks.

4. 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.

5. Seva Activities for November and December 2017

Sri Sathya Sai Baba Centre of Calgary has been given an opportunity to cook one meal for the families every month at the Ronald McDonald House Charities (RMHC). RMHC helps families with a place to stay while their child is being treated at a nearby hospital.

You can learn more about them at their website
<http://www.rmhcscsca.org/what-we-do/southern-alberta/>

The Seva activity is called "Home for Dinner". The activity (brunch/dinner) is scheduled on every first Saturday of the month until December 2017. The interested devotees can sign up for the item that they like to cook and serve at the house. Please note that there is a limit of 8 to 10 volunteers for every visit.

Please click the link below to sign up

<https://docs.google.com/spreadsheets/d/1BmBeTBFjWvJSXmP6qBuTflf5YCS3UX9zk6JTtKY5OQ/edit#gid=0>

In Sai Seva,
Dr. Naga Mudigonda
Seva Coordinator

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
November 11	Saturday	Global Akhanda Bhajans (see more details above)
November 19	Sunday	Ladies Day
November 22	Wednesday	Convocation of SSSIHL
November 23	Thursday	Bhagawan's Birthday Our Centre will celebrate on Saturday November 25 th .
December 25	Monday	Christmas

The *deha*, the body is but an instrument to realise the *Dehi* or the Indweller. Realising your oneness with the *Dehi* must be your *deeksha* or steady pursuit. And this pursuit must express itself in actual practice as discipline and training of the senses (*Nishtha* and *Sikshana*). Water and fire individually cannot move a train; they must both cooperate to produce a third thing - steam. The steam moves the engine forward. Kerosene and air must both unite to form the gas which ignites in the petromax lamp to give light. *Yoga* is explained as *chitta vritti nirodha* - the curbing of mental agitations. It also means the Union which is possible when mental agitations are curbed and equanimity is achieved. Devotion, wisdom or action (*Bhakti*, *Jnana* or *Karma*), must all lead to the achievement of equanimity; otherwise, they are simply a sham. The curbing of the mind will take you to the winning post.

– Divine Discourse, Jan 29, 1965.

