

Read about our virtual Spiritual activities, online SSE classes and how to serve the most needy



Sathya Sai Centre of Leicester

Sathya Sai International Organisation UK

Announcements & News for April 2020



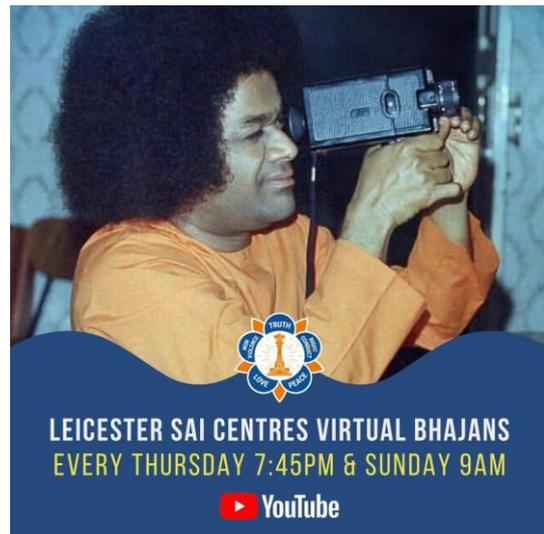
"Never give any chance for that vile thing, despair, to eat into the vitals of activity and effort. Despair is a sin against God. When He is within you, why do you lose hope? That is why the Lord says, "Why fear, when I am here?" Be always joyful, optimistic and courageous. Know that the strongest connection between you and the Divine is when the life-giving waters of courage and hope, flow in your heart." *Sathya Sai Baba*

Jai Sai Ram Firstly I pray and wish that you and your family are in good health. So much has changed in our centre, city, nation and the world over the last month. However, the one constant we must hold on to during this troubling time are the words of Swami who says "Why Fear? When I am Here". We must believe in these words and know that what is happening is all His will and that He is protecting us and looking after each one of us.

During this time it is more important than ever that we keep up our spiritual practices - whatever that might be from reciting the Lords name to reading spiritual literature to being involved in service activities. We, as parents and grandparents must also make sure that our children continue their spiritual education. To help you do all of this in what is a very difficult time, we have tried to reproduce most of our centre activities "virtually" and in new innovative ways. Some of these are listed below and over the next few months I'm sure you'll see more ideas on how we can keep connected to Swami. Please do join us for some of these activities. Praying once again for the health and well-being of you, your family and friends.

Virtual Sunday Morning Bhajans

Did you know that we are still continuing with our bhajans every Sunday morning at 9am? Since we physically stopped meeting at Soar Valley College, our youth have been broadcasting bhajans on our Youtube channel every Sunday morning at 9am. These are live recordings from our actual Sunday morning bhajans with images of our altar. So you really do feel like we are all together at Soar Valley. If you haven't already then please do join us every Sunday morning at 9am by going to our [Leicester Centres Youtube Page](#).



What's more, Thursday bhajans are also available in the same way - so you can enjoy two Leicester bhajan events in one week!

Online SSE Classes

The SSE teachers and parents have worked hard to continue our SSE classes as normal albeit they are now via a conference call with the children. The classes start at 10am with an assembly and then the teacher conducts their normal class via a conference call facility. The Teachers have set-up WhatsApp groups with the parents and students so that parents are kept fully informed and all calls and conversations are with their their full knowledge.



If you are not aware of this new set-up and would like to be involved then please email leicestersse@gmail.com

Virtual Study Circles

As you might know this year marks Swami's 95th Birth Anniversary and the International theme for the year is Unity is Divinity, Purity is Enlightenment. Our spiritual coordinators have planned a



series of study circles on small aspects of this vast subject area.

They would like to set-up a WhatsApp group with those of you who are interested in joining the study circles. In the WhatsApp group you will be sent the study materials, questions and any relevant videos to watch. Then the group will get together over a conference call to have the study circle.

Please do support this idea by emailing us with your mobile number and name so that we can add you to the Study Circle WhatsApp group. Please email us at info@leicestersacentre.org

Serving Our Communities

The service team has been busy thinking about how we can best serve the most vulnerable in our local communities at this very desperate time.

In all cases we must be safe and take the necessary precautions to follow Government guidelines, look after the safety of our volunteers and the guests we serve.



Here are some of things we have been doing and considering.

Serving the Homeless

We started last month providing food and other essential items for The Bridge to continue running its breakfast service for the rough sleepers and homeless. Sadly, The Bridge has had to stop this vital service to protect the health of our guests so that they are not gathering together in groups for the breakfast. The council has promised to accommodate all the homeless who wish to go into accommodation and together we will monitor this situation to see how we can continue to serve the homeless.

Looking after the Elderly

Our service coordinators have put together a list of the elderly from our own centre who might be alone or in isolation at this time. We are looking for volunteers to "adopt" one elderly person from this list. You may only need to call them to check-in with them, have a chat or see if they need anything. You will not necessarily then have to help them physically if you are not able to e.g. go shopping for them. You would just inform our

service coordinators what your guest needs and we will try to arrange that.

If you are interested in supporting us with this service activity then please email us at info@leicestersaicentre.org

Supporting our local Food Banks

Almost 70 per cent of food banks are in desperate need of at least five products due to unprecedented demand during the coronavirus pandemic. We know it is also a tough time for all of you as well in terms of finding and buying essential items. But if you are able to then supporting your local food bank is a great way to support your local community at this very desperate time. This is a great website: <https://www.givefood.org.uk/needs/> which lists the items most required by a food bank close to you.

We will be looking at various other means to help our devotees and local community and will share more information soon.

Centre Meeting Conference Call

Our next centre meeting will be held on Tuesday 7th April at 7:30pm via conference call. Here are the conference call details:

Dial: [+44 333 0110 614](tel:+443330110614)

Room number: 14337422 #

PIN: 6883 #

Or you can simply copy and paste this whole sequence of numbers below into your phone as a contact number and the when you dial it will connect you automatically:

[+443330110614,,14337422#,6883#](tel:+443330110614,14337422#,6883#)

We look forward to you joining us for this meeting.

Leicester Sai Centre

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