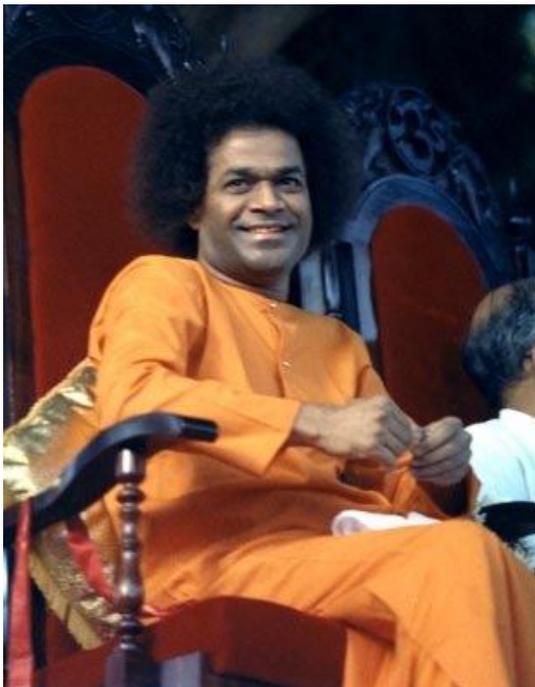




## Sathya Sai Centre of Leicester Sathya Sai International Organisation UK

### Announcements & News for July 2020



"Courage is the tonic for getting health and strength, both physical and mental. Give up doubt, hesitation and fear. Never give any chance for these to strike root in your mind. Take the Name of your Favourite Lord and savour it on your tongue – it will help you give up fear and doubt. Through your own inner divine strength, you can achieve anything. You can become God, for sure! Keep the Name of the Lord always on your tongue and in your mind; it will help you give up fear and doubt." *Sathya Sai Baba*

**Jai Sai Ram** Vinodbhai, I prayer and hope that you, your family and friends are keeping well. As the lock-down continues in Leicester, it's so pleasing to see that our centre members are still actively engaged in our virtual events and service activities from home. Below are just some of the activities still on-going including new projects and events. I do hope you join us for some of these and through them make your connection with Swami even stronger.

### Plans for Resuming Normal Centre Activities

I know many of you are longing for us to re-start our centre activities at Soar Valley College. The Government has now provided guidelines for



religious organisation to enable the safe reopening of places of worship for a broader

range of activities. The national team is reviewing this guidance and will issue further advice for Sai centres, including risk-assessments for us to undertake before we can resume meeting together.

As you all know Leicester is currently in a further period of lock-down and so our plans may be further delayed. We are also dependent on when venues such as Soar Valley College will be able to welcome us back.

The centre coordinators are discussing this on a regular basis and we will keep everyone updated on our plans.

In the meantime please continue to enjoy the vast array of virtual activities that we have been conducting online and the service activities we are doing remotely.

### Service Activities Going Strong

It's great to see that our centre service activities are continuing and going from strength to strength. From **delivering food supplies for the homeless and shielded**, to making **PPE visors for NHS and care staff**, to the **Meals on Wheels** service, to keeping in touch and **supporting the elderly** in our community. If you would like to find out more about any of these activities and would like to get more involved please contact one of the centre service coordinators or email us at the email address found at the bottom of this newsletter.



**Aldergrove manor care home**  
6 May at 21:00 · 🌐

We had yet another wonderful donation of visors today. Thank you so much to the Sri Sathya Sai Service Organisation. Thank you for helping to keep us safe 🙏🙏



### Global Service Day

Every year at about this time, we take guests who are elderly or disabled on a day-out. We provide the transport to take them to a park or alternative venue, share great food with them and entertain them with activities and songs. Sadly, this year we are not able to take our guests on a day out.

Instead, we are planning to prepare and deliver a gift pack to about 100 guests on Saturday 1st August. The food hamper will consist of freshly made savories and other dry food items. We do need

volunteers to help prepare the hampers (in your own homes) and volunteers to deliver the hampers. Please contact us if you would like to take part in this wonderful service opportunity. We know our guests will really appreciate these hampers and the thought that someone is remembering them in these difficult times.

To accompany the hampers, we are producing a short video with some messages from our team and pictures from our past Global Service events.



### Krishna Janmashtami

Please join us for our virtual Krishna Janmashtami programme on **Wednesday 12th August**. We are planning to have some uplifting Krishna bhajans, a guest speaker and of course Krishna Jhoola darshan. Please look out for the WhatsApp messages with further details.



## **Sathya Sai Global Healthcare Mission - Healthcare Professionals Register**

A special message from Dr S. Upadhyay, Medical Lead for the Sathya Sai National Healthcare Committee UK:

"I invite all healthcare professional devotees who are currently working or retired to join the Sathya Sai Global Healthcare Mission.



I am pleased to inform you that the healthcare professional register is now ready to enrol. By registering, you are letting us know what skills you have to offer, which aspects of the Medicare seva you are interested and how we can contact you.

Each of us has a unique and valuable part to play in this lifetime and every little step is a transformation. As healthcare professionals, we have a wonderful opportunity to do selfless service to fellow human beings with love, compassion and enthusiasm, which is the essence of the Sathya Sai Global Health Mission.

Swami said "Show me your availability; I will give you the ability".

[Click here to Register on the Healthcare Professionals Register](#)



REGION 4 | SATHYA SAI INTERNATIONAL ORGANISATION UK

# ONLINE YOGA SESSIONS

"BY PRACTISING YOGA, YOU CAN ENJOY THE GIFTS OF HEALTH & BLISS." - SATHYA SAI



**JOIN US EVERY WEDNESDAY 6PM & SATURDAY 8AM (UK)**  
LIVE: [YOUTUBE.COM/LEICESTERSAICENTRES](https://www.youtube.com/leicestersaicentres)

## 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



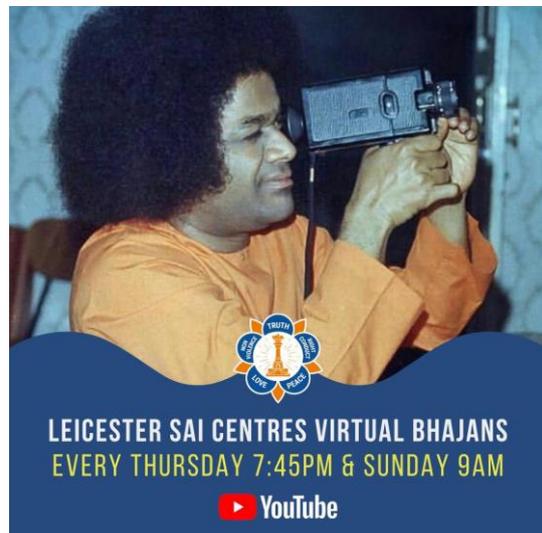
this vast subject area.

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@leicestersaicentre.org.uk](mailto:info@leicestersaicentre.org.uk)

### 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. 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!

### Centre Meeting Conference Call

Our next centre meeting will be held on Tuesday 4th August 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](tel:+443330110614),14337422#,6883#

We look forward to you joining us for this meeting.

## Leicester Sai Centre

[www.leicestersaicentre.org.uk](http://www.leicestersaicentre.org.uk)

[info@leicestersaicentre.org.uk](mailto:info@leicestersaicentre.org.uk)

If you would like to stop receiving these newsletters please click on the unsubscribe link below.

[Unsubscribe](#)