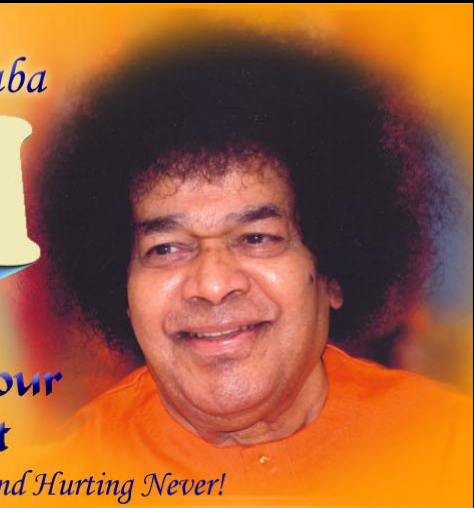


Aum Sri Sai Ram

Pranams at the Lotus Feet of Bhagawan Sri Sathya Sai Baba

Chicago Sai WATCH



Dear Swami, please help us to watch and control our Words, Actions, Thoughts, Character and Heart

So that we realize our inherent Divinity by Loving All, Serving All, Helping Ever, and Hurting Never!

Sathya Sai Baba Center of Metropolitan Chicago

July 2010

Upcoming Events!

Guru Poornima Celebrations:

July 25th, Sunday 10.00 AM – 4.00 PM
Ramada Inn, 780 E North Av.,
Glendale Heights, IL 60139

Annual Labor Day Retreat:

September 3rd, Friday – September 6th, Monday
26710 W Nippersink Rd., Ingelside, IL 60041

Walk for Values:

September 25th, Saturday 01.30 PM – 05.00 PM



Love All, Serve All

Date

Calendar of Events

07/03 – Saturday	07:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Men's Shelter (on Lawrence Ave.) 08:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Women's Shelter (on Wilson Ave.)
07/04 – Sunday	09:30 am – 01:00 pm: Sunday Center Program
07/10 – Saturday	06:00 am – 08:00 am: Breakfast Service at R.E.S.T Men's Shelter (on Lawrence Ave.) 06:00 am – 08:00 am: Breakfast Service at Jesus People USA Men's Shelter (on Kenmore Ave.)
07/11 – Sunday	09:30 am – 01:00 am: Sunday Center Program 10:00 am – 11:00 am: Service at the Woodbine Nursing Home
07/17 – Saturday	07:00 pm – 10:00 pm: Dinner Service Project at R.E.S.T Men's Shelter (on Lawrence Ave.) 07:15 pm – 10:00 pm: Dinner Service Project at Jesus People USA Men's Shelter (on Kenmore Ave.)
07/18 – Sunday	09:30 am – 01:00 pm: Sunday Center Program
07/24 – Saturday	06:00 am – 08:00 am: Breakfast Service at R.E.S.T Men's Shelter (on Lawrence Ave.)
07/25 – Sunday	NO PROGRAM AT LONGFELLOW CENTER – GURU POORNIMA CELEBRATIONS at RAMADA INN Glendale Heights, IL from 10 am – 4 pm

Sunday Center Schedule:

09:00 am – 09:30 am: Center Setup
09:30 am – 10:25 am: Study Circle
10:00 am – 11:30 am Sai Spiritual Education (SSE) classes for children
10:30 am – 11:30 am: Devotional Singing

Ongoing service projects on Sundays:

- Grocery collection for the needy families (Delivered at the end of every month)
- Sandwich preparation and delivery for the residents of R.E.S.T Men's Shelter (on Lawrence Ave.)



Human Value - TRUTH



***If there is righteousness in the heart,
There will be beauty in the character.
If there is beauty in the character,
There will be harmony in the home.
When there is harmony in the home,
There will be order in the nation.
When there is order in the nation,
There will be peace in the world.***

- Sathya Sai Baba

Truth is GOD

For attaining this stage, an ethical life is the foundation. This ethical life is based upon discrimination between Truth and Falsehood. Just as the pearl is retained while the shell is discarded, the Essence which is Truth must be accepted and the nonessential rejected. Then again, individual exertion and Divine Grace should both be existent. One should also constantly practice the great lesson that the Body and the Atma are separate. This is a highly beneficial exercise. Such viveka or discrimination is necessary for all aspects of life secular as well as spiritual. It is indispensable for realizing the Truth, the Truth that persists in Creation, Existence and Destruction—the Truth which is God Himself.

To serve this supreme Lord, purity of food has to be observed. As regards food, the question is not how much, but of what quality. Of course, quantity too cannot be overlooked. But why is food necessary at all? It is needed for acquiring the strength required for Seva. In order that Seva Yajna may yield fruit, food is needed and such food must be pure. Attention has to be paid to this aspect of food. In this way, each one should pay constant attention to his habits and to the traits of his character. Then, the attachment to the body will fall off and the task of securing *Atmananda* (Bliss of realisation of the Self) will be made easy. Man has all these various duties to perform before he actually attains realisation; for it is only through such spiritual life that he can acquire purity and through that pure nature alone is it possible for him to realise the Soul Supreme. Without getting himself engaged in them, it is no use crying in agony that he has not been able to know the Paramatma (Universal Soul, Creator). In this material world, one cannot appreciate the value of spiritual endeavour if he has had no experience in such a spiritual life and its purity. It may be said that one can undertake spiritual endeavour only after appreciating its value but this is like saying that one would get into water only after learning swimming. Swimming can be learnt only by getting into water, with a float attached to the body. In the same way, with some float attached to the mind, plunge without fear into spiritual sadhana. Then you will yourself understand the value of spiritual endeavour. The nature and conditions of the spiritual path are known only to those who have journeyed along the road.

They know that the path of Sathya (truth) and Viveka (analytical reasoning) leads to Paramatma. Those who have not trodden that path and those who are not aware of its existence cannot explain it to themselves or to others. Paramatma alone is real. Paramatma is Truth. Paramatma is Love, Meditate on Him as Truth, as Love. It is possible to realise Him, in whatever form you meditate upon. Be always in the company of his devotees. Through this *sathsanga* (company of the good), viveka and *vairagya* (detachment, renunciation) will be implanted and increased. These will strengthen the spirit and endow you with inner Peace. Your mind will then merge in Paramatma. In everything that you do, use all the strength and talent with which you are endowed, speaking and acting truthfully. At first, you might fail in this and you might encounter difficulties and sufferings. But ultimately, you are bound to succeed and achieve victory and Bliss. (I remember here the true statement, *Satyameva Jayathe, Nanritham*). By your behaviour, through your way of life, you can realize the Truth, you can realize Paramatma.

Walk for Values USA – Chicagoland

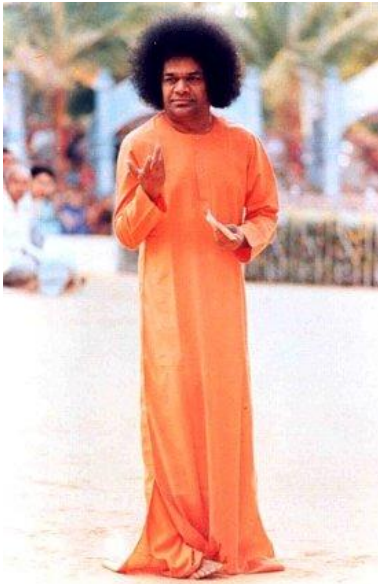
Walk for Values USA is a free event organized by the Sathya Sai Baba Centers of Chicagoland, North Central Region, and it is open to everyone! You can walk as an individual or member of a group - be it family, school, workplace, community group, service organization or sporting team.

Who: All are welcome to this free event
When: Saturday, Sep 25, 2010, 1:30 pm – 5:00 pm
(check in at 12:30 pm)
Where: TBD





God Within



When you speak with the tongue or see with the eye, or plan with the brain, who is it that speaks, sees, judges and decides? It is the One Intelligence, the One that, like a current works in and through all men and materials, God. When you are immersed in *Bhajan*, note who the One is activating you! Your tongue pronounces the words in the tune designed for them; your palms beat the time; slow or fast; your head sways in unison with the sentiments that the words express; your mind is gushing *Ânanda*, at the magnificence of the pictures that the song evokes. So too, a dancer is articulating harmony and melody through every gesture and movement of muscle and limb. But, all the activity originates from a common source, God, who is resident as President in the heart. When he is ignored, neglected, or denied, there is no joy for you or through you for others. You are either *thamasic-dull*, inert, or *rajasic*, passionate, fanatic, but not *satvic*-pure, balanced, serene!

God is All. He is all Forms, His are all Names. There is no place where He is not; no moment when He is not! (even the devil has the syllable *dev*, to indicate his affinity). Thunder is God's message; the rain is His Grace. Let no second pass without awareness of God; let no event lapse without reminding you that He is the artificer! You have an image or picture in the room you have set apart for worshipping God. You light a lamp before it! You say, 'I have lit the lamp'; but, is it you really? Who endowed the oil, the wick, and the lamp, the property of producing a flame together? Who moved you to revere the picture in this form? Who was it that placed the lamp, lit it and bowed before the picture? It is all God, God, God. There is none else, nothing else, for the man who knows and feels.

Devotional Activities in Chicago and Suburbs

Activity	Time	Venue	Contact
Every Monday – Bhajans	07:00 pm to 08:00 pm	Aurora (Shirdi Mandir)	630-854-2004
Every Wednesday – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-519-1631
Every Thursday – Bhajans	08:00 pm to 09:00 pm	Aurora	630-761-2968
Every Friday – Bhajans	08:00 pm to 09:00 pm	Oak Brook	630-655-1718
1st Thursday of the Month – Bhajans	07:30 pm to 08:30 pm	Hoffman Estates	847-695-7110
1st Saturday of the Month – Bhajans	03:30 pm to 04:30 pm	Glenview	847-729-2779 / 773-510-5936
Monthly Padhuka Puja	02:30 pm to 04:30 pm	Bolingbrook	630-819-9081
Friday, July 23 Bhajans	07:30 pm to 08:30 pm	Oak Brook	630-655-1718

For more information, please contact any of the Center Officers

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Service Coordinator:	Veera Kovelakuntla	847-924-6971	k_veera@yahoo.com
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