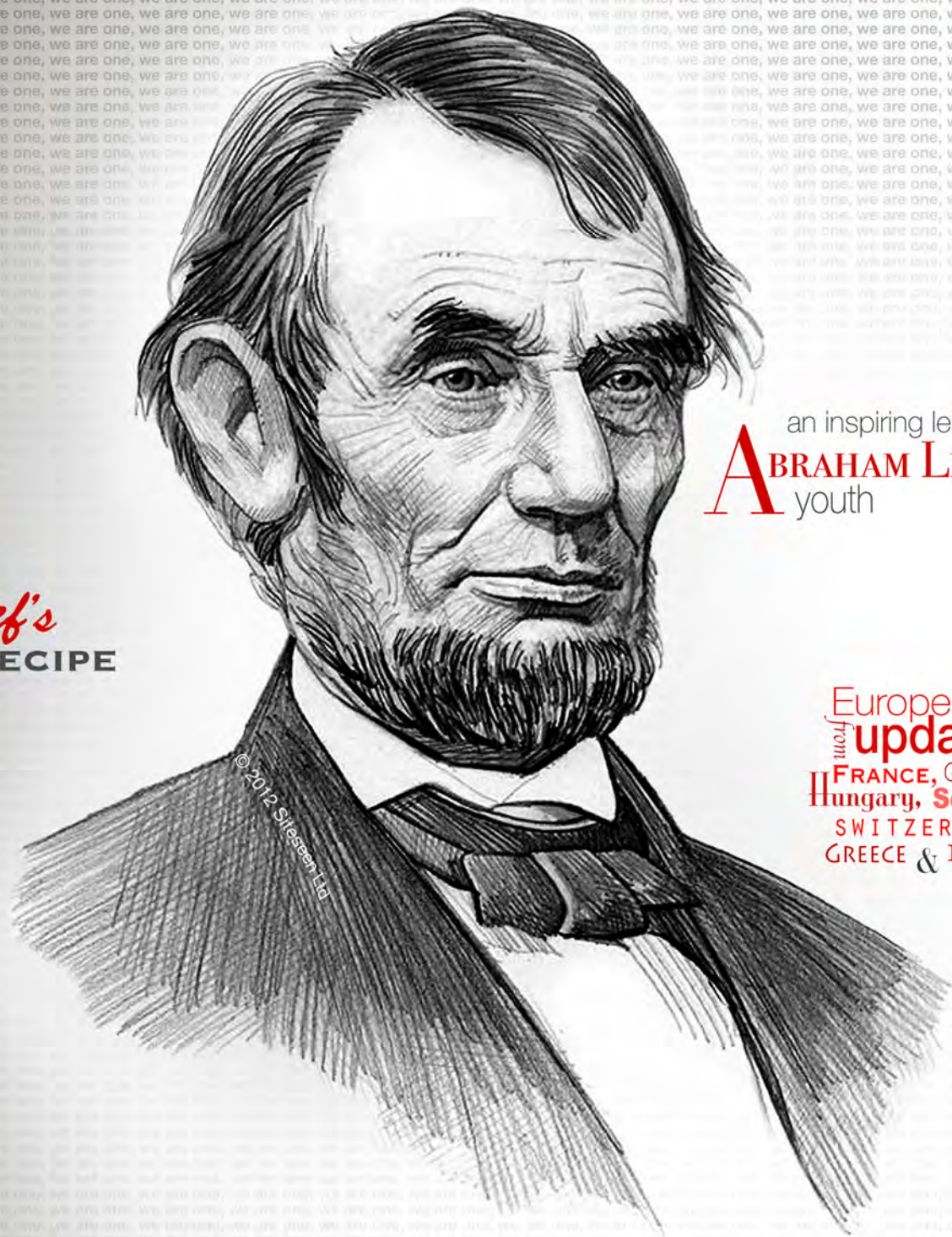



Chef's
RECIPE



an inspiring lesson from
ABRAHAM LINCOLN
youth

European
updates
FRANCE, Germany
Hungary, Serbia,
SWITZERLAND,
GREECE & Poland



Dear Youth of Europe,

We begin this issue of the LOVEExpress youth magazine by expressing our gratitude to Sathya Sai who is our true source of inspiration and guidance.

This 35th issue is eventful and intense as usual! This time we are dedicating a special focus on sharing the special events planned for the next few months. In fact, on top of the many inspiring reports about the European Sai Youth meetings –we have some big ones which have taken place in the past few weeks – we would like to pass on some important information about great events being organised for the upcoming months.

In fact, this year is not an ordinary year, 2015 is the 90th year of the advent of Sathya Sai! Many unique things are taking place in the second half of 2015! Their importance and uniqueness is such that we think they should not be missed out on. They are great opportunities to grow in our spiritual path and get closer and deeper in experiencing the Universal Message of Sathya Sai. Here a summary of the main events: Here a list of the main ones described in depth in this magazine:

- GURU PURNIMA CELEBRATIONS (Prasanthi Nilayam, July– August 2015)

- Sai Spiritual Education Conference (1st – 3rd of August) for teachers, educators, trainers and Sathya Sai youth participating or interested in participating in the Sathya Sai Education initiatives. The SSE Conference focuses on defining the content, structure and future directions of the SSE programmes. The conference consists of both a theoretical and hands-on-approach based on seminars, discussions and concrete real life examples and aims to increase the effectiveness of the SSE programs and educators.
- Guru Purnima celebrations, are taking place this year on the 31st of July 2015.

- SERVE THE PLANET 2015 (20th October 2015)

- The theme for this year is “Human Values for Nation Building” with the objective of engaging the community in service activities using Human Values as a valuable tool. Inspiring ideas of service activities that can be carried out have already been shared with you through your Zonal Youth Coordinators.
- It is important to remember that one of the main objectives of the STP project is to encourage and facilitate the participation of members of our local communities, as this will further help to spread the universal message of LOVE IN ACTION by committing to help the society we live in. Therefore it is a beautiful opportunity for us to invite our families, friends and close environment to join us and participate in the services that are planned to take place.

- **90TH BIRTHDAY CELEBRATIONS (Prasanthi Nilayam, November 2015)**

- *The 10th World Conference. World Conferences have always been very important and enriching events in the ashram life over the years, always organised with the blessings and supervision of Sathya Sai. They are top notch learning moments where SSIO spiritual topics are discussed with the support of high level speakers. The theme of this WC is "Love is the Source, Love is the Path, Love is the Goal". A unique opportunity not to miss out.*
- *World Conference Exhibition. An interactive, creative and lively exhibition on the five human values organised in the PN ashram by youth from all the zones.*
- *Sathya Sai's 90th Birthday celebrations. This year a grand and magnificent Birthday programme has been planned to celebrate the 90th year of the advent of Sathya Sai.*

For additional information on the events above, please contact your Zone Youth Coordinators Raksha (rakshamahtani@hotmail.com) and Marta (youth@sathyasai-zone7.org). They will be happy to answer any of your questions.

What is happening in Europe in the meantime?

The enthusiasm of the European Youth this year goes on and on and continues to trigger many inspiring meetings and service initiatives.

And this is not all! In this 35th issue you will also find many activity updates; including youth meetings from Hungary, Serbia, Germany, Poland, France... and as usual a yummy recipe and an inspiring story from the youth of Abraham Lincoln.

With Love,
Your **LOVE** EXPRESS Team.

PRE-WORLD CONFERENCES IN DIVIGNANO (ITALY) AND MUNICH (GERMANY)

"Once we have seen You, heard You and touched You, how can we live without You?"

"He was with us, He is with us and He will always be with us. He assured that many many times"

"The most important thing is loving Him with a pure heart."

Dr. Narendranath Reddy, Chairman of the Prasanthi Council

As a preparation for the World Conference in Prasanthi Nilayam, each Zone has organised a Pre-World Conference to get started with the work leading eventually to the bigger event scheduled in November during the 90th Birthday celebrations. These Pre-Conferences are an opportunity to get a glimpse of the topics and atmosphere which the participants will experience in Prasanthi this November. Zones 6 and 7 had their respective events in Divignano, Italy and Wartaweil, nearby Munich, Germany.

The elements making these Pre-Conferences such special events were countless, and included having exceptional guests who have lived for years at the presence of Sathya Sai and experienced directly from Him the power of His message of Love and Transformation. In fact, Dr. Narendranath Reddy, Chairman of the Prasanthi Council and Anil Kumar, high school professor and translator during Sathya Sai's speeches, participated in person and narrated many inspiring and amazing stories of personal experiences at the presence of Sathya Sai. Many participants said that hearing such stories and experiences was like having a deep-dive into the time where we had and enjoyed the physical presence of Swami among us. Everybody felt an intense atmosphere of unity and a strong sense of purpose during the events, and had a glimpse of how enriching and uplifting the World Conference will be next November.

Many youth joined from many different countries. They took an active and important part in the organisation of the events, contributing as speakers, study circles moderators, translators, devotional singing leaders and in taking care of the logistics and various services. It was a very harmonious and constructive cooperation of the youth with the adults, resulting in the creation of two very uplifting and recharging weekends. Dr. Reddy had special positive remarks about the fruitful cooperation between youth, young adults and the more senior members of the Sathya Sai Organisation. It was very rewarding to be part of such unique events!

See you in November 2015 at the 10th World Conference in Prasanthi Nilayam!





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Welcoming spring together with mentally challenged youth in Hungary

The Hungarian Sathya Sai Organisation has been carrying out a sweet service with mentally challenged people for some time now. Here is a description of one of their days at the beginning of spring

Singing well known Hungarian songs about the spring breeze, the blossoming, the Holy Spirit, Jesus and similar topics straight from the heart – this might have been a perfect welcoming of spring for the physically and mentally challenged residents of a care home, with whom the youth and adult members of the Sathya Sai Centre of Budapest spent a heart-lifting Sunday afternoon in late March 2015. The volunteers have been visiting this care home situated in the proximity of the Hungarian capital for some time now, which has allowed the evolving of some beautiful relationships in the course of their afternoons spent together.

Following the joint sing-along, the hosts and guests shared various home-made delicacies with each other and delved into conversations much appreciated by both sides. Later on, the residents of the nursing home provided some insight into their creative skills by taking the ten visitors to their workshop where they produce their unique handicrafts including carpets and various gifts made of beads. The members of the Sai Centre were awed by the skills and diligence of the residents.

Even though the residents face physical and/or mental challenges, this last meeting once again testified the truth that when meeting one another with an open heart, there is really no difference between people. After these special occasions, we often find ourselves pondering on whether it was us or them who actually delivered the selfless service.

- Vincent Váczai
Budapest, Hungary

Human Values applied to day-to-day life in Serbia

During an ISSE training, a course participant developed and showed a personal research paper where the Sathya Sai teachings were very well applied to the practical life of parents and educators. The result was an interesting synthesis between Sathya Sai philosophy and a hands-on approach.

In Serbia, the Education in Human Values seminars (EHV seminars) have been organised for over ten years. During these years, Sai devotees from Bosnia and Herzegovina, Croatia, Macedonia, Romania and Serbia participated and were awarded with the certificates for Courses One and Two, and some of them received Final Diplomas.

During the weekend of April 4th - 5th 2015, one more EHV seminar was organised by the ISSE in Serbia where three essays for finalizing Course One were presented. One of them was a work of Sai Youth, Ivana Srdanov Popovic, with the subject "Child upbringing in accordance with spirituality and the five human values." Ivana is a journalist and a mother of a

2-year-old child and she is personally and professionally interested in this subject.

In her work, she gave guidelines and suggestions to contemporary parents and teachers of how to use spirituality and the five human values in their everyday life and work. In Ivana's work she very successfully combined the philosophy of Sathya Sai's teaching with examples of its practical application, the methods created by the psychotherapist Phyllis Krystal, the pedagogical theories of Rudolf Steiner and Johann Heinrich Pestalozzi and five books of collected human-values stories written by Vesna Krmpotic, aimed to work with children of different ages.

This work - practical and useful for anyone who works with children - was very inspiring with its simple advice for typical situations for many parents and teachers. It highlights the necessity for cooperation of parents and teachers in the process of raising happy and well educated children.

- Milica Djuric,
Serbia





Monthly visits to the Rehabilitation Centre for disabled children, Greece

When Greek youth are involved in a service activity, they always commit with a full heart. The services they have been undertaking for the past few years show it all.

Since I was old enough to pursue Sathya Sai Human Values classes, I remember visiting this centre for children with physical and mental disabilities once or twice a year. We usually prepared some songs and some small dramas based on the Sathya Sai Human Values that made these children really happy! Even though these events always achieved the goal of spreading love and happiness to them and to us as well, there was always the need for a more constant way of supporting them.

In the second half of 2011 a devotee had an idea for a youth activity. A team of youth started visiting this centre once a month, taking as many children as possible

for walks in the park around the buildings where they lived. Depending on the capabilities of the children, there were different activities so that all of them could have a good time. Some just wanted to walk and share some sweet words, some preferred the playground, and others were taken with their wheelchairs to a basketball court and were given balls to shoot from a short distance into the basket. Some that could move better even played soccer.

The best part is that gradually we got to know each of these boys and girls better and better, becoming friends and discovering how beautiful each of them really is. It is really special to have a closer connection with these children, talking about things that matter to them, sharing some memories, etc. In addition we have the experience of getting endless happiness from giving love to the ones who most need it. Just like Swami taught us.

Improving time after time, this service has become a regular activity for the Sathya



Sai Centres of Athens. We usually organize one visit near Christmas and one near Easter. Last time there was a clown who entertained the children, a music programme of the human values lessons from the children, and then a music-dancing programme.

This whole experience for all these years has been unique. It has been a great opportunity of selfless service for the Sai youth. As the time passed by, some older devotees and even some friends who haven't even heard about the teachings of Sathya Sai were willing to join this activity. It is amazing to see Sai's work blossoming as it attracts people like flowers attract bees.

- Nikos Kondilis
Greece

Feeding homeless people in Warsaw

The Polish Sai Organisation is proving itself to be very active in service activities to people in need. Here is another service example about giving free food to people in need.

A new service activity that the youth in Warsaw have started recently is feeding people in need. Once a month we are making packages for the homeless people and distributing them. Usually we meet in the morning and prepare and pack the sandwiches (around 8 per package), candies and cookies. Then we go to the places where we know that the homeless people are staying and together with the Lithuanian members of the Sai Organisation we distribute around 50 packages. While handing out food, we stop and talk with some of the homeless people. They tell us stories about their lives and have an opportunity to release some of their burden. We are also planning to find a place to rent in the near future, so that we can invite the homeless people and serve them hot meals and to have a chance to be with them for some more time.

- Youth member from Poland

Creation of the website of the Sathya Sai Organisation in France & other activities

The French Youth are committed to many interesting service activities, including creating the website for the national Sathya Sai Organisation and distributing food to people in need. Here is a summary of our recent endeavours.

During these last three months, the French Sai youth have started creating and developing a new Website for the French SSIO. Learning about how to develop a website was an interesting experience. This project allowed us to develop new skills in information technology (the website is still under construction).

During one of the monthly interactive activities, a natural therapist chef gave a beautiful presentation on food, focusing on foods to eat and to avoid in order to stay fit. On another occasion, we also deepened our knowledge on different celebrations which occur in the month of February and their pagan origins such as Candlemas, Valentine's Day, and Shrove Tuesday.

As part of the Christmas celebrations, we sang some French and English melodious songs.

Every month Sai youth participate with adults in several service activities. These consist of giving food and clothes to a dozen of homeless people living in tents in the woods. This is a way to apply selfless service through food donation.

- Jaani Jeyabalan
France

Swiss National event organised by the national youth

Gathering the members of the Swiss SSIO together for one entire day is a

great initiative, showing drive, spirit of unity and cooperation between youth and adults. This year the Swiss youth met on Valentine's Day!

The Swiss Youth had the chance to unite the whole Swiss Sathya Sai Organisation during an event on Valentine's Day in the city of Aarau. We organised a devotional singing event where people from all over the country came and sang spiritual songs and songs on human values in order to develop peace within themselves and around them. The event was so successful that we were asked to host it every year.

The success of the event was not that of gathering 70 people in a room who were singing their hearts out, but it was that the 70 people were all one during those 6 hours. Unity brought along Peace and inner Bliss.

The youth of Switzerland wish all our readers a great start to the summer!

- Niraj Pabari
Switzerland

New Year's Eve in Germany

The youth group from Germany is incredibly active and works in unity. They meet up regularly, set-up very intense programmes and... are strong in numbers. Every year they meet up for New Year's Eve in order to spend few days and welcome the New Year together. This year more than 30 youth met under the spirit of Sai to celebrate the New Year.

According to the 10th World Conference 2015 "Love is the source, love is the path, love is the goal" was chosen as the theme of our meeting at New Year's Eve.

Like past years, the meeting was very inspiring, lovely and in a wonderful way unique. This year's conference was 4 days

long. In addition to singing devotional songs in the morning and in the evening, beautiful workshops were offered. One sample theme for a theatre-workshop was about the question "What do I love about myself?"

*A*t the New Year's Eve evening there was a special programme prepared in which everyone enjoyed very much. We played a few games like pantomime or Chinese whispers with spiritual words and had much fun and joy. All together we danced a Sufi dance, which brought us all even closer to each other.

We sat together in silence from the old year to the New Year in candlelight, and everyone meditated on their own. After midnight, we wished each other a great New Year. Later we went outside and lit fireworks. All the while we sang spiritual songs. The New Year couldn't have started better.

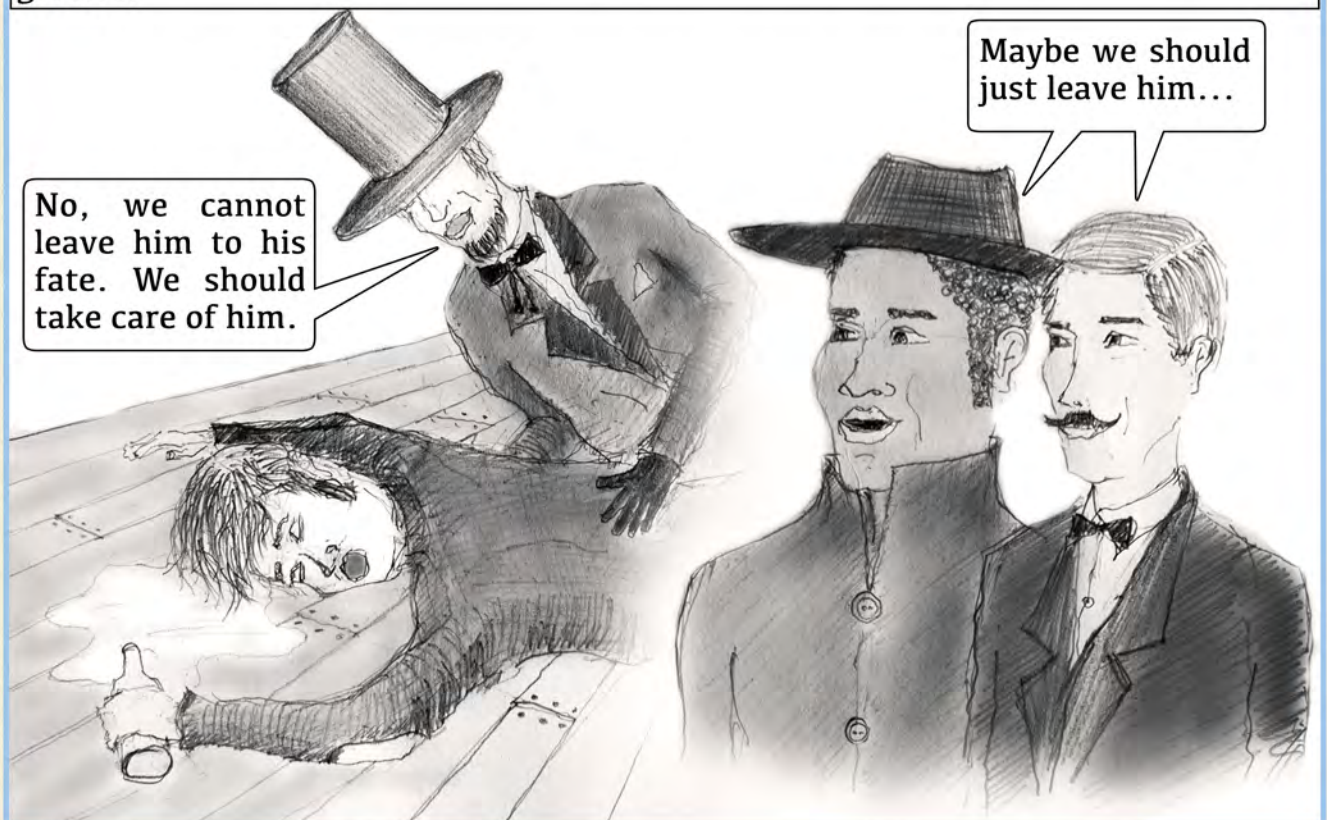
The atmosphere was youthful, relaxed and full of love. The whole meeting was a beautiful and unforgettable time with very nice experiences and inspiring conversations. Our profound gratitude to Sathya Sai for the lovely days with all these lovely people.

- Youth member from Germany

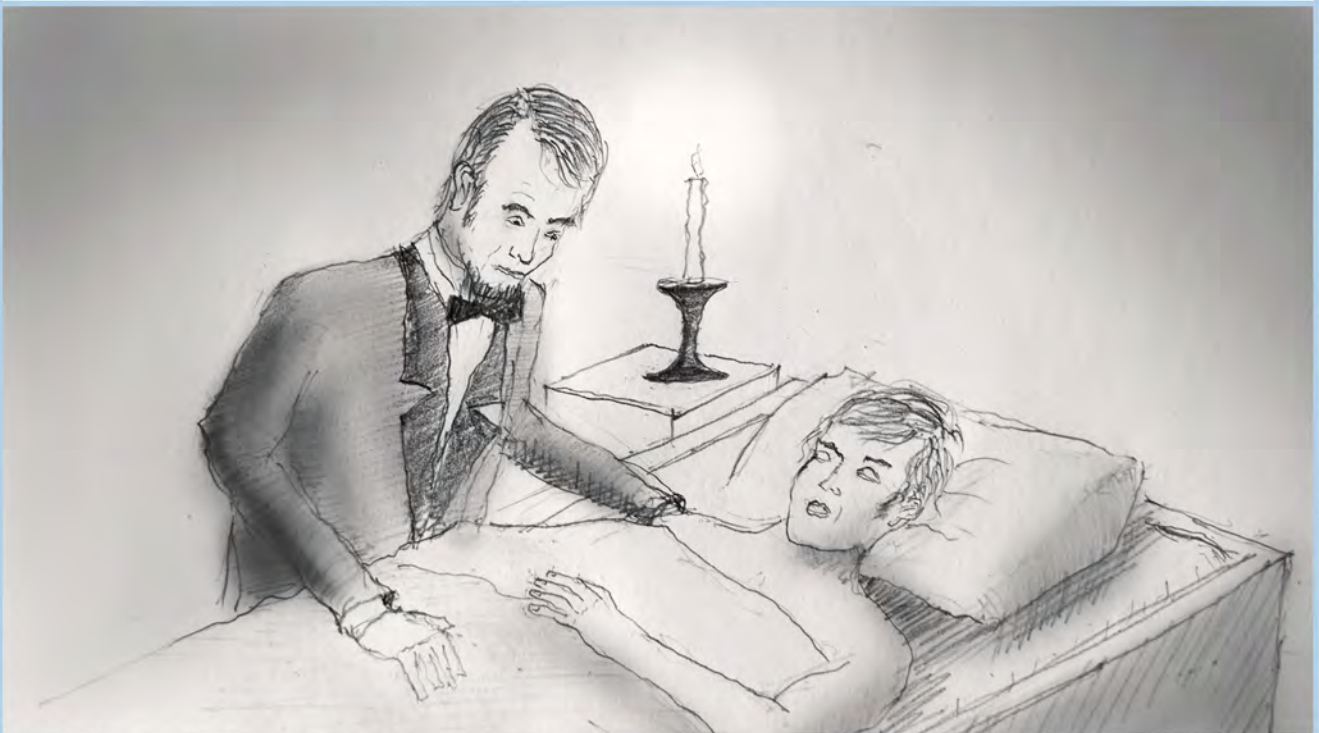
One evening, while young Lincoln was returning from a "raising" in his wide neighborhood, with a number of companions, he discovered a stray horse, with saddle and bridle upon him.



The horse was recognized as belonging to a man who was accustomed to get drunk. The poor drunkard was found in a perfectly helpless condition, upon the chilly ground.



At his request, the miserable sot was lifted on his shoulders, and he actually carried him eighty rods to the nearest house.



Sending word to his father that he should not be back that night, with the reason for his absence, he attended and nursed the man until the morning, and had the pleasure of believing that he had saved his life.



Fresh Pea soup!

Ingredients for 6 cups of soup:

- 2 tablespoons butter
- 1 leek, trimmed, washed and sliced
- 1 russet potato, peeled and cut into small pieces
- 4 cups vegetable broth
- 2 pounds (6 cups) frozen peas
- Salt and pepper

Preparation:

Melt the butter in a medium pot over medium heat. Add the leeks and cook, stirring often, until soft but not coloured, about 10 minutes.

Add the potatoes and vegetable broth to the pot and cook until the potatoes are tender, about 20 minutes. Add the peas and season with some salt and pepper. When the peas are heated through, about 1 minute, remove the pot from the heat.

Working in batches, puree the soup in a blender. For a smoother texture, pass it through a strainer into a bowl, discarding the solids. Taste the soup and season it with more salt, if you like, as it will probably need it.

Return the soup to the pot and warm it over low heat. Or, cover and refrigerate it until cold. Serve the soup hot or cold.



Word Transformation

We conclude with a game recommended for children and teenagers.

Objective of the game:

To transform negativity to a positive attitude.

To realize the importance of thinking in a positive way.

Material required:

A blackboard & a piece of chalk, or a big paper (to paste on the wall) & a marker.

A set of "Human Values" cards.

Moderator: Required.

As an exception, the participants can play and act as leader by turns.

Instructions:

At the beginning of the game, the moderator highlights the importance of transforming a negative attitude to a positive attitude, to look on the bright side, and to be happy.

The moderator writes a negative word or a word without any positive implication on the blackboard, and asks the participants

to find out a positive word using only the letters from the one given (no need to use all the letters). Be careful! Do not write very negative words.

The first one to find out a positive word wins one "Human Values" card. After some rounds, the participant with the most "Human Values" cards is the winner.

Recommendation:

The moderator should have a list of many words in advance. Select big words with many letters. Avoid using too easy words to transform like: unhappy=happy. When the participants give the words, to avoid simple nouns like "oil" or simple words like "yes", encourage them to seek for "inspiring" words.

Examples (TRANSLATION MIGHT CHANGE THE WORDS):

DISTURBANCE = ART
DESTRUCTION = TRUE
UNSATISFIED = AID

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