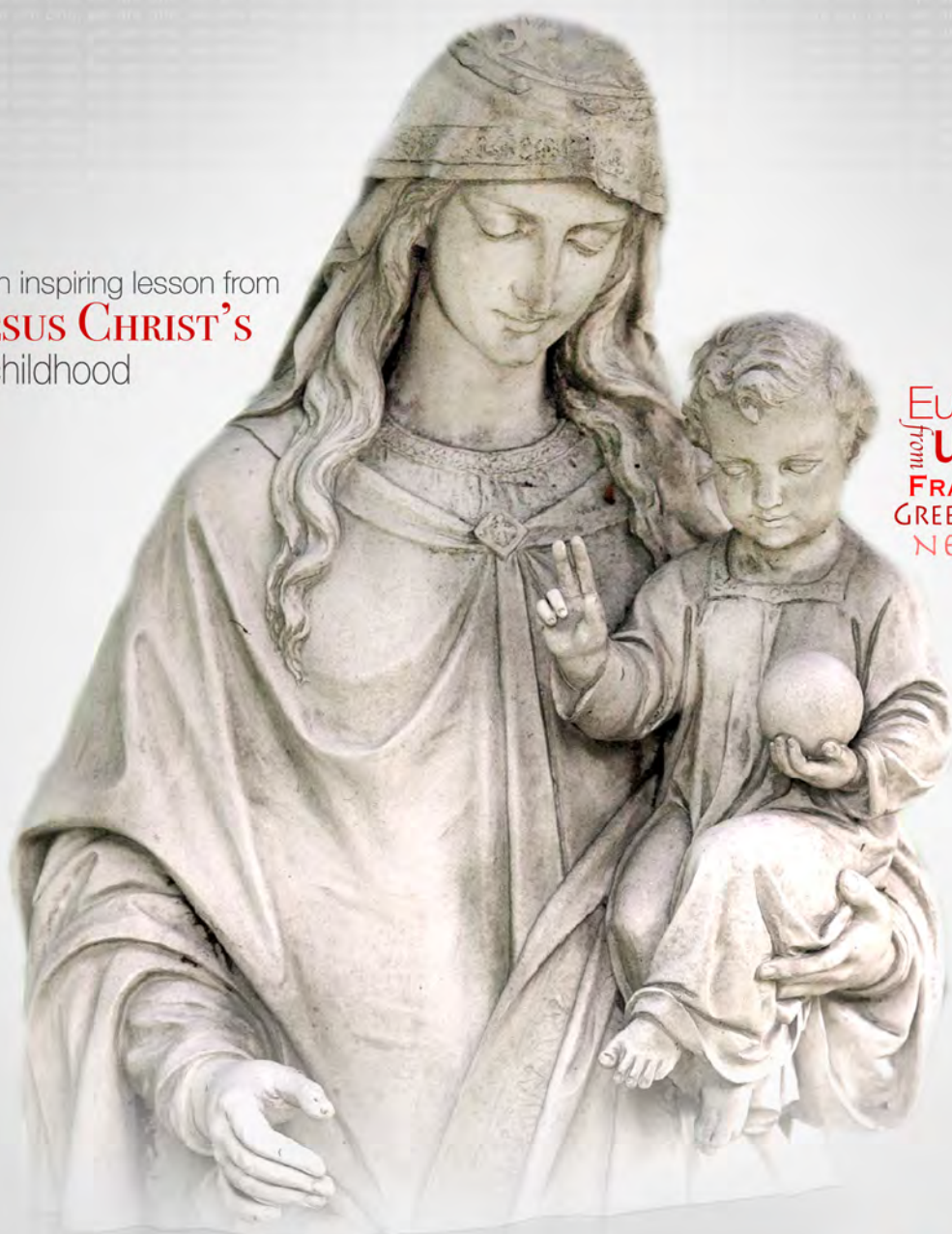


Jan inspiring lesson from  
**JESUS CHRIST'S**  
childhood

European  
updates  
**FRANCE**, Germany  
GREECE, Prague &  
NETHERLANDS





Dear Sai Youth of Europe,

Jay Sai Ram!

*Another issue of LOVEexpress has been written for the European Sai Youth. Our goal is to make everybody's start into this 2015 sweeter than ever and this happens thanks to the energy and devotion of the ones who wanted to share their experiences here with everybody in our beautiful continent.*

*This 34th issue of the magazine of the European Sai Youth has been made possible thanks to the Grace and Love that our Beloved Swami showers on us, enabling us to practice His teachings. His Presence fills our hearts with love, energy and motivation.*

*Many meaningful events have taken place in the last months of 2014 and we wanted to provide a description of as many of them as possible in this 34th issue of LOVEexpress. Here is a list of the main ones described in depth in this magazine:*

- Sathya Sai's birthday on the 23rd of November. Celebrated all over the world, and of course in Prasanthi Nilayam, with beautiful and inspiring activities for one entire week. A singing programme also took place in PN in front of Sathya Sai's Samadhi (eternal abode) performed by representatives of the youth from all the regions of the world, Europe as well.
- The European Sai Youth Meeting in Prague. An awesome meeting organised in Prague from the 31st of October to the 2nd of November having almost 90 participants from almost all over Europe and beyond.
- Many national and local Sai Youth activities in various European countries (The Netherlands, Germany, Greece, France)

*We conclude by thanking all of you who have shared your experiences with all of us. You prepared great contributions! We are more than happy to receiving your articles and sharing your enthusiasm and energy with the youth from all over Europe.*

*May our dearest Swami continue showering His blessings on all of us.*

*Have a great 2015 full of Sai Love!*



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## European Sai Youth meeting of Prague

**A highlight of last fall has surely been the European Sai Youth meeting organised in Prague from the 31st of October to the 2nd of November 2014. No matter what criteria we use to define the success of an event, we can definitely consider this Youth Meeting a remarkable success of the Youth of whole Europe. Not only due to the high number of participants but also for the devotion, energy, enthusiasm and heart to heart relationships it generated.**

Approximately every year the Sai Youth of Europe decide to get together in a different European country and the result is always an explosive mixture of enthusiasm, devotion, cooperation and unity. This phenomenal mixture took also place in our very recent European Youth Meeting organised in Prague from the 31st of October to the 2nd of November 2014, where almost 90 young adults got together from all over Europe. Not only participants from Zones 6 and 7 (Mediterranean, Central, Northern and Eastern Europe) but also from Russia,

Ukraine and the UK joined the meeting and contributed to create the unique atmosphere of the European Sai Youth Meetings. The attendance was above the expectations (due to the long distances that many participants had to travel to get to Prague) but we know that when Sai calls His youth, the answer is always above the forecast!

Our special guest George Bebedelis, Director of the Institute of Sathya Sai Education in South Europe (ISSE-SE) and committed since long time with Sathya Sai's teachings, shared his beautiful experiences with Swami and deep understanding of the motto of the meeting - "Inner Vision – The Joy of Revealing what Resides Within". It was a pleasure to hear his humorous stories and listen to his singing and guitar. We all appreciated his presentations and felt motivated to implement some of his simple suggestions in our lives.

The programme was intense and diverse, encompassing devotional, spiritual and educational activities but also very practical workshops about planning or strengthening European cross-country service projects and much more. Furthermore,



a great talent show took place on the second evening where teams from different backgrounds and nationalities fired up the audience by showcasing very professionally made singing, dancing and other entertaining programmes many of which similar to the ones we often see performed in the Sai Kulwant Hall in Prasanthi Nilayam. We all felt it was amazing and inspiring being part of such a diverse group having first of all one thing in common: an intense Love for our dearest Sai. Everybody felt that his/her own motivation of being involved more and more in the Sai Organisation activities got strengthened and fostered by the enthusiasm and the devotion of the others. Many participants shared videos and pictures about their service activities with the Sai Organisation in their home countries. It was surprising to see how strong their involvement is in running complex service programmes as well, many of which require a constant commitment and professional approach...and many projects were also led by Sai Youth in cooperation with the adults. One question was in everybody's mouth at the end of the meeting: when is the next one going to take place? Due to the success of this one and the high demand for getting together in the name of Swami we are sure it will not take long before the European Sai Youth will have the chance to meet up again in an



even higher number. A special thanks goes to the organising committee, a cross-country team of people who worked for several months to organise the meeting, and also to the local Czech team who worked hard to carry out all the logistics of the youth meeting. They did such a great job. First and foremost our gratitude goes to our dearest Sathya Sai who is inspiring us to make these great events real! We feel blessed to have Him within our lives.

Jay Sai Ram  
- Lorenzo Casadio





## Here a feedback about the European Youth Meeting from the Zone 6 Youth Coordinator

The EYM was an uplifting experience for all of us. We all left very inspired after experiencing the Love and Joy present in every activity that took place. There was time for personal introspection, for each one of us to look inside and experience this "Inner Vision". There was also time to share enriching experiences related to service, gratitude and transformation. It was so inspiring to see the talents of the youth in the fields of music, dance, art and education. As our dearest Sathya Sai says: 'Youth alone can transform youth. Youth must come together with the guidance of the elders.' It was very special to have George Bebedelis among us who shared valuable tips on how to remain 'Forever Young' in this Divine adventure!

*- Raksha Mahtani*

## ...one from a participant from Greece,

I am writing on behalf of the Greek youth that took part in the European Sai Youth Meeting in Prague. The "European Sai Youth Meeting" in Prague was indeed a nice chance and a meaningful gathering to improve ourselves following its inspiring events. The educational lectures were really impressive and instructive. The talent show was really fun and a good way to essentially end the meeting. We all want to take part in future Sai events so as to learn and have fun all together again.

*- Athanasios Pseltouras*

## ...and one from a young adult from Switzerland.

The Swiss youth were delighted to take part in the European Youth Meeting in Prague in the fall of 2014. It was a great opportunity for us to meet all our friends from all around Europe that we had spent wonderful times with in Divignano (Pre-World Conference) in 2010 and Geneva in 2011 (LASA Festival). This trip also gave us the chance to make new friends from around Europe and even from the UK. Three of us were able to make it for the meeting. We had an amazing time listening to the Yonity band as well as spending time with George who shared his wisdom with us from his experiences with Swami. This trip allowed us to reboot our systems and to give us the energy to take on some challenges back in Switzerland in our respective centres. We look forward to meeting all the youth at the next youth event.

*- Niraj Pabari*



# European Updates







**Service to man is service to God. International Youth offering in Sai Kulwant Hall, November 2014**

**Youth representing the Sathya Sai international Organisation gathered in Prasanthi Nilayam in November 2014 to discuss about the future of the youth activities of the SSIO and perform a singing offering.**

On the 20th of November 2014 in the run-up to the 89th Birthday of Sathya Sai, youth from different countries of the world presented in Prasanthi Nilayam an offering on the theme "Service to man is service to God". The group had around 40 young people coming from Russia, Indonesia, Malaysia, South Africa, United Kingdom, USA, Hong Kong, Australia, Belarus, Poland etc. who enthusiastically responded to the unexpected call to present a youth programme in the Sai Kulwant Hall. All were very surprised to see such a wonderful result as they had only two months to prepare the programme, find the people who will be at that time present in India and be ready to sing as one after only 3 days intensive practice time in Prasanthi. However everything is possible with Swamis help.

Swami's help. The programme introduced the service activities of SSIO, interspersed with commentary, songs and videos explaining who Sathya Sai is and what His mission is about.

The Prasanthi reporter newspaper described the programme in such words:

*"Presented as a first person experience of an enthusiastic researcher from International Humanitarian Organisations, who 'coincidentally' bumped into the selfless service arena of Sathya Sai International Organisation, the programme featured the researcher's astounding experiences, while travelling all over the globe, in a six-month mission to cover 126 countries under the Sai organisational network. Reaching the Philippines, the researcher announced, 'enough is enough of researching and reporting; now I have to be a part of this most wonderful mission'... This was the moment of real transformation of the 'first-person' into a true Sai Servant... learning in practical life The Truth behind Bhagawan's Mission, 'Service To Man Is Service To God'..."*

At the end of the programme, the youth offered the Book of Gratitude which consists of short messages from the youth



all around the world, sharing an experience for which they are grateful to Swami. Messages were collected from the youth in the period from September to November. They were compiled and formed into the wonderful gift for Swami. The whole process of preparations and performing itself, gave the participants a lot of joy and everybody who didn't see the performance yet, can do it using this link:

<https://www.youtube.com/watch?v=1yL9bncMakg&index=16&list=UUJxHxs-4-O7qmlWgBn8pvsQ>

With Love,  
- Marta Panjeta



### Experiencing silence at “STILLES HAUS”

The Sai Youth of Germany spends weekends together on a regular basis. This happens several times a year. The youth group of the Sai Organisation has many and motivated members who enjoy spending time together and engaging themselves in spiritual and devotional activities. Here a description of one of their recent meetings.

One of the favourite retreat places of Germany's Sai youth is the “Stilles Haus”

(silent house) in Bad Wildungen, a small town in Central Germany. A villa situated between green trees and adorned with a small artificial lake, Stilles Haus for us is just the right place to withdraw from our daily lives and focus on Swami and His teachings.

Apart from the traditional New Year and Easter meetings organised by the youth we met for a 4-day intensive retreat in May 2014. Fitting for the name of the venue, we focused on the treasure of silence and tried to experience it through reading Sathya Sai's words and devotional singing.



What a beautiful experience it was to spend all our meals in complete silence! I was struck by the attentiveness and awareness that suddenly blossomed in our group while we were remaining in silence. Without saying a word and just by an exchange of a look, we would make each other feel when somebody needed the salt or the water bottle or another slice of whole-grain bread.

One day was dedicated to experiencing silence through the path of Islam. A topic that has moved me a lot in the past years, I designed a day rhythm according to the lifestyle of a Sufi, a spiritual traveller of the Islamic tradition. I would wake everybody up with the call to prayer before five o'clock (Puttaparthi timing!) and we would experience the five prayers of the Islamic day together. We also had a look at Islam through Swami's teachings who has always stressed Islam's essence as being complete surrender ("Islam" literally means this). So, in fact as Sai family we are all Muslims, striving to surrender to God in all our words and deeds.

Another beautiful approach to silence comes from the great Indian saint Ramana Maharshi who inspired us in one of the study circles. He taught that by constantly asking yourself the question "Who am I?" you can reach to a point where you stop asking and silence will fill your whole being. I am sure that each one at our retreat could experience a sense of this ultimate silence and I am grateful to Sathya Sai for opening in us the doors to this divine experience.

- Marian Brehmer

### Greek Youth activities & service

**The Greek Youth shares an overview of their service activities here and the motivation which drives them into these endeavours. Along with listing their recent commitments, the author of this article very effectively communicates the intensity of the inspiration-**

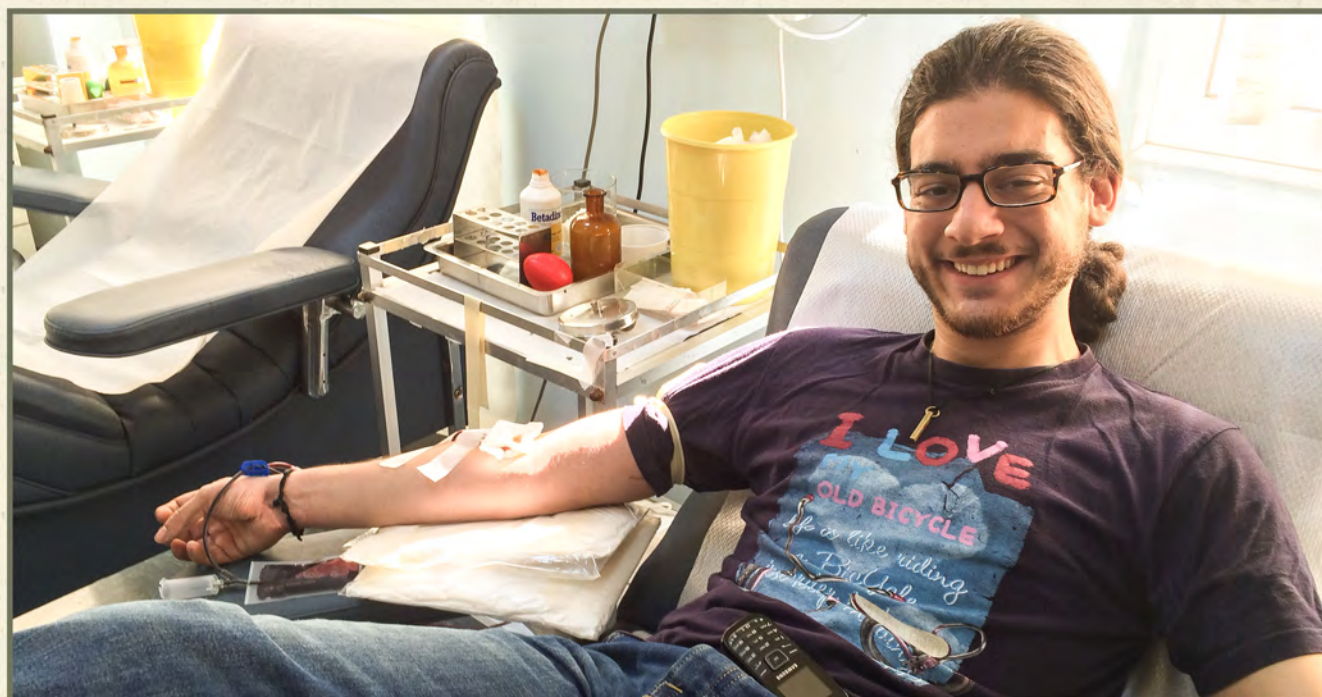
### al force that guides the Greek Youth into their activities.

Sai Ram dear brothers & sisters! Our most beloved spiritual master, Sathya Sai, has always taught us that "The best way to Love God, is to Love all and Serve all". Moreover, the practice of this sort of love has to be a selfless service which encompasses every being in need, without any material expectations. November is a holy month as its 23rd day in the year 1926 is when our beloved Sathya Sai incarnated reminding us that as Him, we too are embodiments of divine Love, as He always addressed us. Millions have been blessed to meet Him; masses have been influenced by His simple, yet universal message of truth and wisdom. In fact, focusing on His divine life, we find that His entire life exemplifies His message. Every action of His, every word of wisdom that his lips spoke, every step that He walked, was due to His endless love towards mankind and the universe in general. Our Swami was, is and will be the pure ocean of Love, a timeless stream of love that flows in all directions, universally and to every individual heart, without discriminating age, gender, wealth, social status, nationality or religion.

*"Love should not be rationed based on caste, creed, economic status or intellectual attainment of the recipient. It should flow fully and freely, regardless of consequence, for, it is one's nature to love, to seek out the dry dreary wastes that love can water and make fertile." (Sathya Sai)*

Influenced by his living message, the Greek youth followed His example by donating blood, dedicated to the glory of His 89th birthday. Seven members of the youth participated in this service supporting the Sathya Sai blood bank. This blood will be provided to people in need of surgery, including the elder members of the Greek SSO, in case required. The youth that took part, expressed their feeling of satisfaction from this simple, yet holy action. This ser-





vice is provided on a regular twice yearly basis, on Swami's birthday and on the day he left His physical body.

On the holy birthday, the youth also took part, with much love and dedication, in the cleaning, setting up and decoration of the celebration hall. The celebration took place in "Sai Prema", a wonderful retreat in the suburbs of Athens, near the airport. Our music group presented a unique musical programme and the youth sang devotional songs in pairs with much enthusiasm to promote unity and Sai brotherhood.

*"Love saturates all activities with joy and peace. Love enables the least and the lowest. Love ourself for the God that it embodies; Love others for the sake of God enshrined in them, who speaks and acts through them." (Sathya Sai)*

All these are beautiful memories in our hearts, like the fragrant bouquets of flowers which were offered to Swami, memories that tune us to the Divine Sai Spirit, and help us realize that our Sai Father and Mother is always here, with us, in our hearts, from where He showers blessings and light and whispers words of wisdom as a holy teacher, a holy parent and holy friend.

We just need to tune our hearts to the proper frequency to be able to hear His voice, as a radio device has to be properly tuned to the desired wavelength. So, brothers and sisters, let us plant the seeds of Sai teachings, foster the human values He advocates and enjoy His divine love and presence in every step in our lives. Last but not least *"Love knows no fear, no untruth, no anxiety, and no grief. I am Love; I shower love; I share love; I am pleased with love; I bless you that you cultivate love towards all beings. Love is God. God is Love."* (Sathya Sai)

- Lefteris Sofikitis

## Youth service in the Netherlands

**We know from their regular reports that the Sai Youth of The Netherlands organise many meetings during the year. Here a summary of few of their recent meetings. There is basically everything in their programmes, from service within the SSIO to service outside the Organisation, from fun to devotional activities.**

The youth in The Netherlands has had an active year. Here is a summary of some



of the activities we had. In April we helped with cleaning the garden and a small shed of a man living in Amsterdam. The man was not able to do it himself due to illness and was very happy that four youth came to help. We worked a whole afternoon, and the result was very nice. The man was incredibly surprised. He was not part of the Sai family and had only heard of Sathya Sai. While seeing the youth help him, he was so happy that he wanted to attend the devotional singing in the centre once. He came and wanted to share his gratitude with the Sai community.

In June, we went sailing on the Markermeer. It was a fun day out, and we enjoyed the weather. The idea was to learn to sail over the ocean of existence (Samsara), and let us be guided by Swami in our life. In August we celebrated the festivity of Ganesh with devotional singing. Many attended and the youth organised the music. There was food for everyone afterwards. In September we all came together to help renovate the centre in Rotterdam. With the walls painted it looks like new!

Through all these activities, we had the chance to do selfless service. At the same time we remembered that these were all acts out of gratitude to our Lord. We are looking forward to all the things Swami has in store for us in the New Year!

## Sai Youth activities in France

**Leadership and self-development have been the main focus of the Sai Youth of France. Along with deepening the understanding of these topics, also hands-on and practical activities and carried out to bring relief to the ones in need and practice the principle of unconditional love.**

*As* part of our monthly interactive activities, we continued working on the topics of self-development and leadership. We deepened our knowledge on the “sub-conscious mind” by learning about this wonderful subject through a presentation. We also reviewed the different objectives a Sai youth should follow such as: individual transformation in order to evolve spiritually, discovering and developing our talents and skills, being the best examples as well as inspiring other youth, applying Sathya Sai's Divine universal teachings, etc. Some examples on how to put them in practise were also shared.

*Moreover*, the youth were involved in this year's Serve the Planet project. A generous amount of clothes, shoes, toys and school supplies were progressively collected before. On STP day, the youth along with some adults travelled to a slum sheltering 11 families including many children.





*We* all felt very pleased as it was not just a material but a human sharing of unconditional Love. We conversed with them about their personal lives, feelings, needs, and amazingly they were the ones comforting us about their own situation. We all feel very grateful to Swami who gave us this beautiful opportunity and are looking forward to the next upcoming service projects.

French youth participated in the European Youth Meeting that took place at the end of October, it was indeed a wonderful

experience for all of us. Later on we enjoyed the festivities that took place in November such as the Akhanda Bhajan celebration, through 24 hours of devotional singing. Then, as an offering for Sathya Sai's birthday, we acted out a little sketch about His life and message, accompanied by some French and English songs.

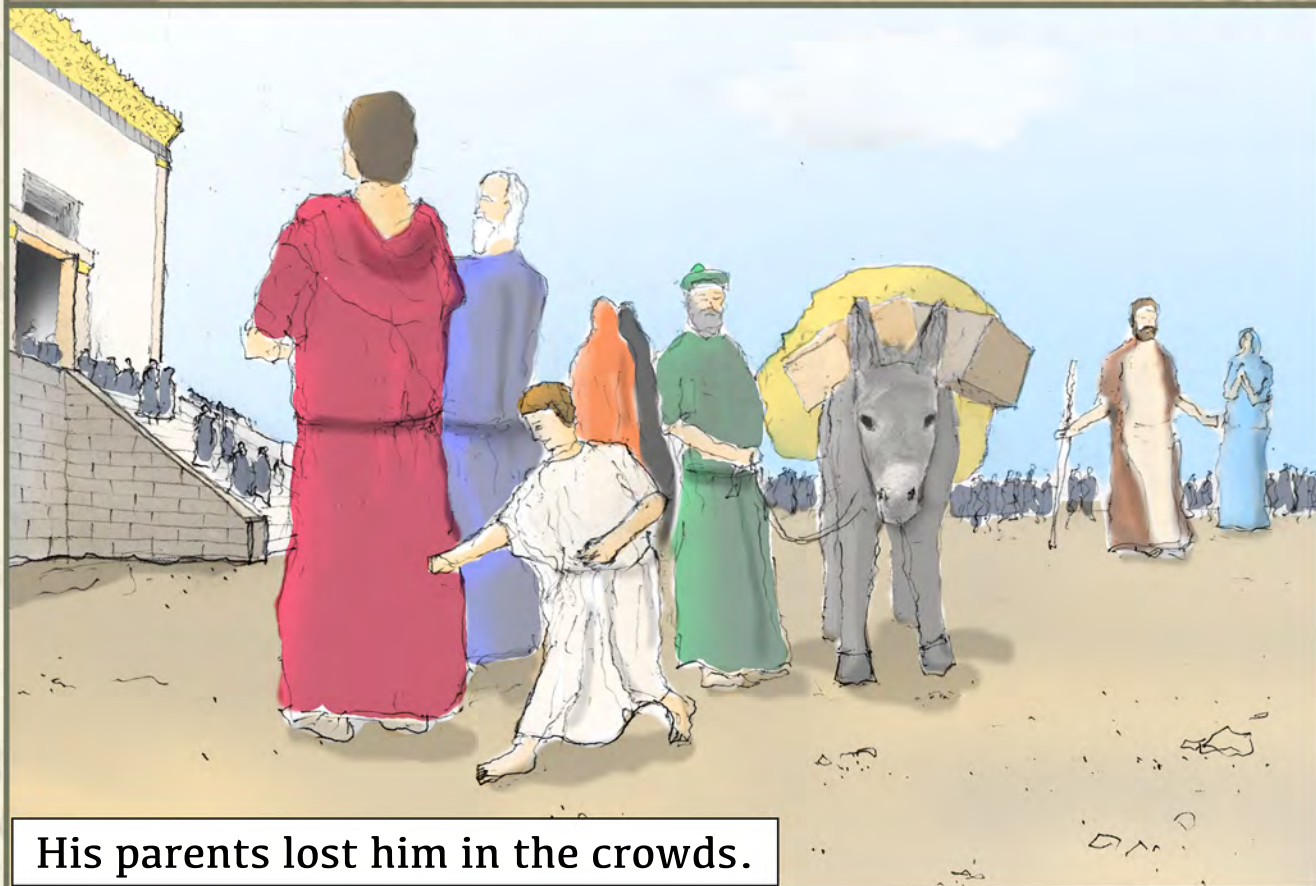
These last months have been very rewarding and we feel very grateful to Swami for everything.

- Gayathri & Jaani





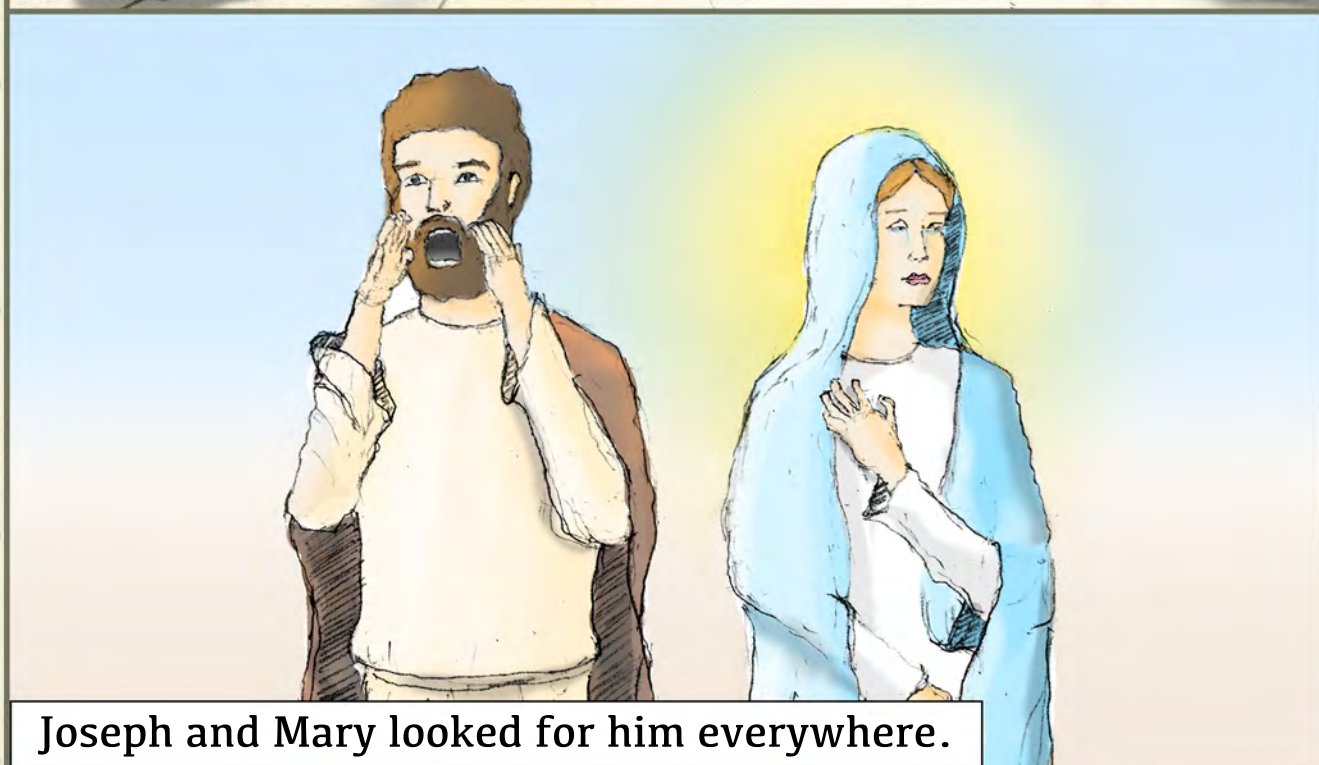
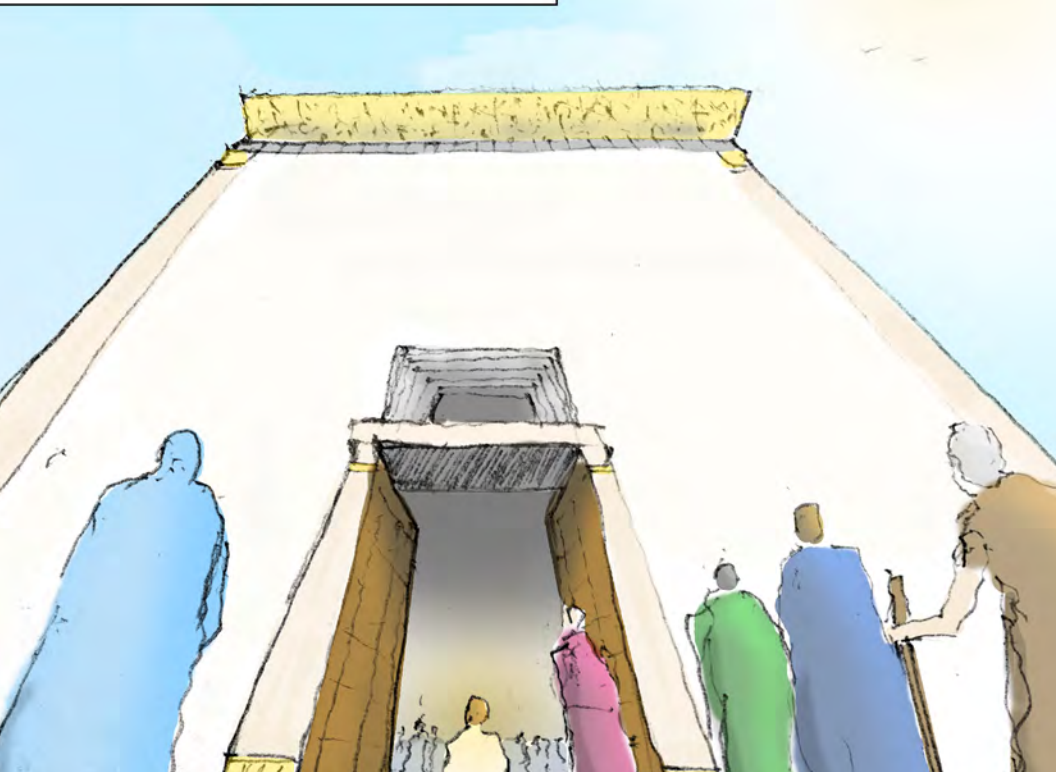
Jesus and his parents had gone to Jerusalem for a festival.



His parents lost him in the crowds.



Jesus had entered the temple and was listening to the words of the priests.



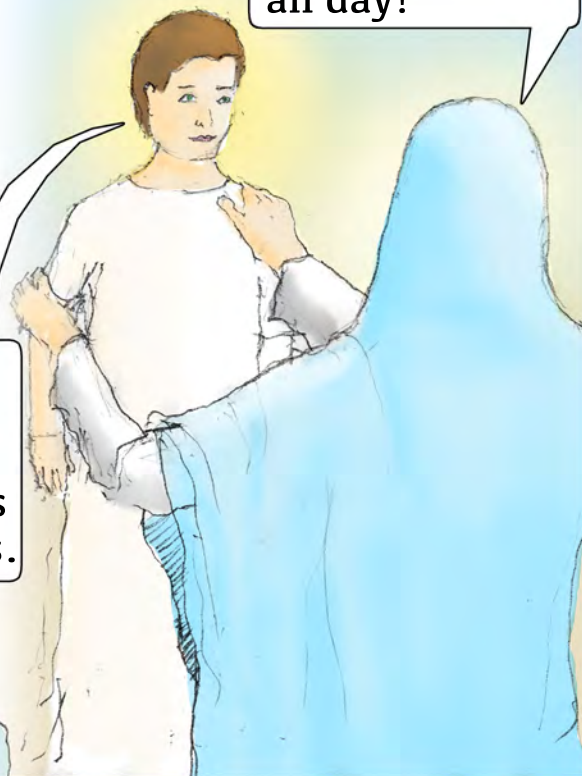
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Not finding him anywhere, Mary prayed to God to come to her help.

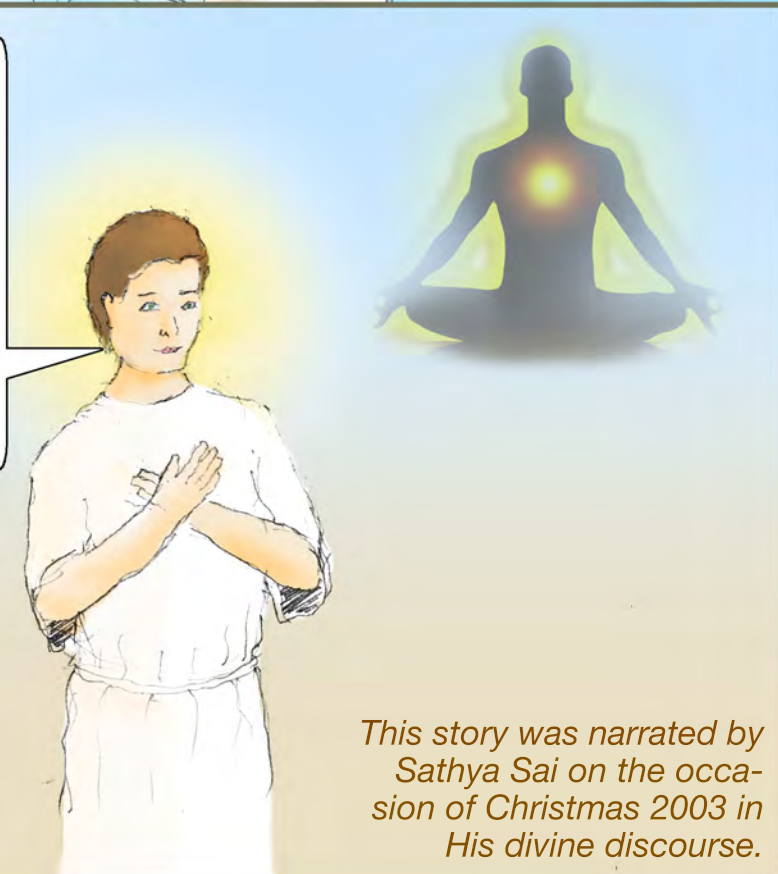


My son, where have you been? We've been looking for you all day!



I was inside the temple listening to the teachings of the priests.

To find me, you looked outside the temple. Similarly, to know Divinity, you should look inwards, internally and not in the outward world, as the body is the temple where God resides in.



*This story was narrated by Sathya Sai on the occasion of Christmas 2003 in His divine discourse.*



## Values in animals: The happy zoo

**An entertaining game that everybody can teach to a group of kids to create a fun and learning moment!**

### AGE RECOMMENDED:

Children

### OBJECTIVE:

- Teaching the habit of seeing good qualities in others, through observation of animals.
- Appreciating animals as role models of Human Values.
- Improving memory.

### MATERIAL REQUIRED:

A Paper and a pen.

### INSTRUCTIONS:

*This game it is better if played in big areas. The place will resound like a happy Zoo in just a few minutes!*

To make a quick list for the game, in the beginning the adult names animals/birds to the children (easy to imitate, e.g.: cat, dog, elephant, kangaroo, crow, lion, cuckoo,

goat, cow, etc...) and find out with them 1 specific virtue for each animal. The adult reads the list made and advises the children to remember the qualities.

*Now, the game starts. The children should spread out around the place. The adult whispers the name of one of the animals/birds in each child's ear. Each name should be given to 2 children.*

*At the call "start", the children should imitate with sounds and body expression the animal given, and try to find their partner. For example, one child meowing like a cat will match with the other meowing like a cat. Talking is not allowed.*

*The first players finding his/her partner wins. They should report to the adult together, imitating the animal and saying the good quality that belongs to that specific animal. Do not forget that the aim is to see good qualities in others, through animals/birds.*

*The game should be played until everybody found his/her partner and reported to the adult.*





## Vegetarian Recipe

### Black bean, Corn and Red Pepper Salad with Lime Cilantro Vinaigrette

About This Recipe:

Yield: Serves 6 to 8

Active time: 30 minutes

Total time: 30 minutes

Ingredients:

- 2 (15 ounce) cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob (about 2 cups)
- 2 red bell peppers, diced (about 2 cups)
- 2 medium cloves garlic, minced (about 2 teaspoons)
- 2 tablespoons minced shallots, from one medium shallot
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 1 teaspoon zest and 6 tablespoons juice from 5 to 6 limes
- 1/2 cup chopped fresh cilantro leaves, plus more for garnish
- 2 Hass avocados, chopped

Procedures:

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill at least 30 minutes and up to over night. Right before serving, add avocados and fold gently, being careful not to mash avocados. Garnish with more chopped cilantro if desired. Serve at room temperature.





"The birthdays of great personalities are celebrated in all religions, but the ideals by which they lived are not remembered or followed. If you do not engage in following their teachings, then all celebrations lack any sense and become artificial.

Christ taught people to love all beings and to serve all with goodness. Truly, only if these ideals are practiced can his birthday be celebrated.

The Divinity that resides within must be reflected in every act. The abode of truth is your own heart. Adoration means to love with all your heart. You must live in love and live a life of service based on love. This is the only correct way to celebrate Christ's birth.

In fact, God does not have birth or death, He is invariable, permanent. The atma that is within is just a reflection of God and is the same in all beings, like an eternal witness. Birth and death belong only to the body."

- Sathya Sai

(Extract from discourse given in Christmas 1992)

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Publisher: SSIO Zones 6 & 7 Youth Wing

Editor: Lorenzo Casadio

Content Support: Niraj Pabari

Layout & graphics: Ramin Antoniadis

Zonal contact and supervision:

Raksha Mahtani (Zone 6 Youth Coordinator),

Marta Panjeta (Zone 7 Youth Coordinator)

Zone 6 website: [www.sathyasai-zone6.org](http://www.sathyasai-zone6.org)

Zone 7 website: [www.sathyasai-zone7.org](http://www.sathyasai-zone7.org)

International website: [www.sathyasai.org](http://www.sathyasai.org)