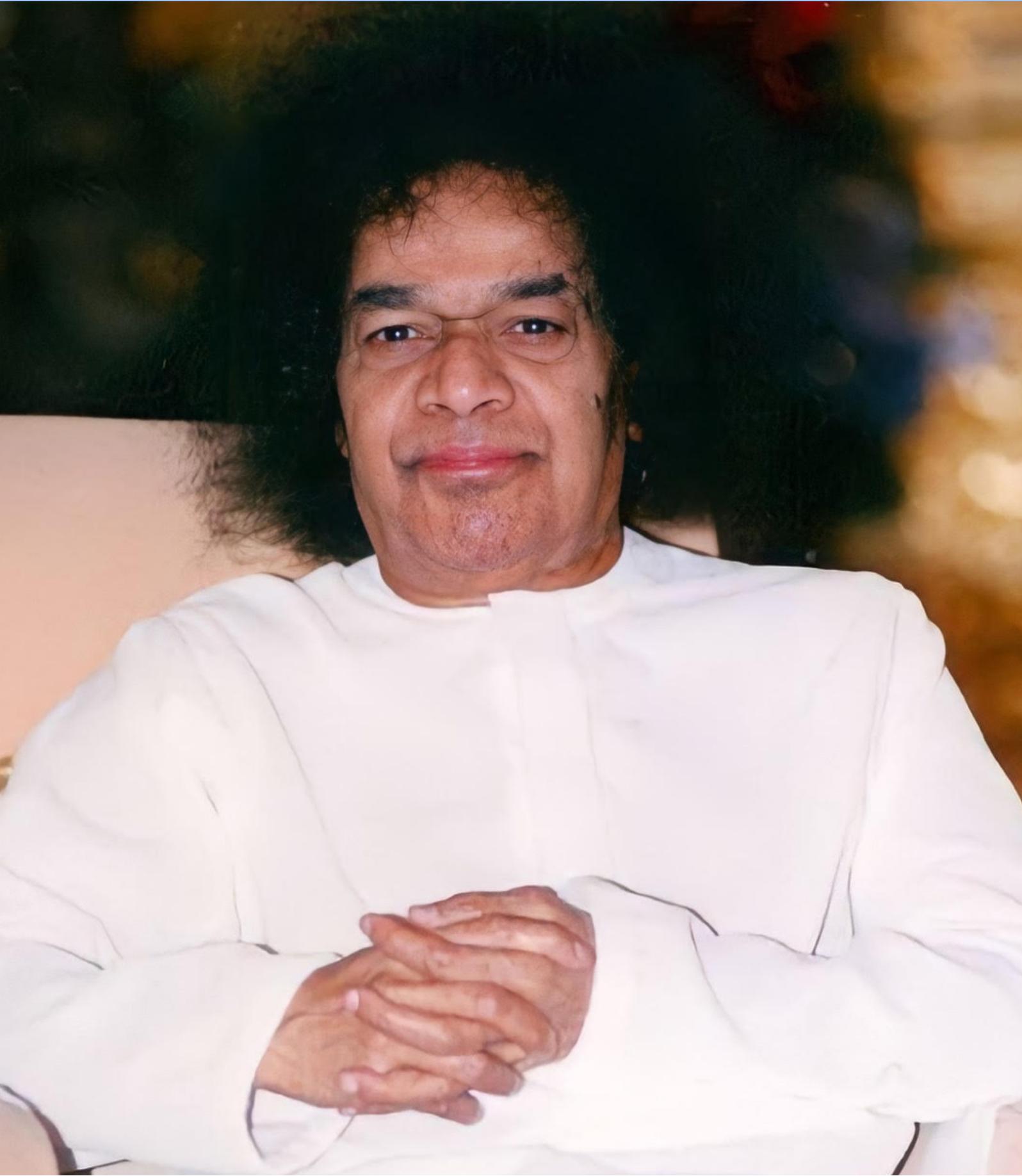




#ServeSai United in Love

INTERNATIONAL SAI YOUNG ADULTS SERVICE OFFERING





Overview of the initiative

Sri Sathya Sai Baba's life was an expression of selfless service. He spoke at length about the power of love and service; and its ability to transform our hearts. He especially encouraged young adults to dedicate their energies to serving the society for the welfare of humanity.

“For the human being love and service are like two wings, with the help of which, one should strive to realise the spirit.”

- Sri Sathya Sai Baba, November 21, 1995

“Sevā (selfless service) is the adoration of the Lord as Vishwa-Virāt Swarūpa, God with multi-faced form and with immanence in the entire cosmos.”

- Sri Sathya Sai Baba, September 22, 1968

“The wise ones use money, strength, intelligence, skills, aptitudes and opportunities for helping others and making their lives happier. Thus, they win Divine grace. For sevā (selfless service) is the highest form of worship.”

- Sri Sathya Sai Baba, November 21, 1985

Inspired by the life of Sri Sathya Sai Baba, the SSSIO International Sai Young Adults Committee invite you to participate in a new initiative **#ServeSai – United in Love**. Over the months July - September 2022, we invite you to participate in local service activities, in your daily life, with family and friends and with the wider community where possible. You are invited to share these projects with us, as we unite as an international family in recognising and serving Sri Sathya Sai Baba in the hearts of all beings and all creation.





How to use this guide

There are four sections consisting of information and Divine assurance and guidance in the form of quotations from Sri Sathya Sai Baba to support you in this journey to have a spiritually transformative experience while engaging in this initiative.

- **Section 1: How to approach service**
- **Section 2: Starting and coordinating a service initiative**
- **Section 3: Service ideas and suggestions**
- **Section 4: Key dates and joining the movement worldwide**





Section 1: How to approach service

Seeing service to man as service to God

“In order to deserve the sacred name “sevā” (selfless service), the activity must be freed from all attachment to the self and based on firm faith in the Divine resident in every being. Sevā has to be considered as worshipping the form that God has assumed to give the sevak (servant) the chance of worship.”

- Sri Sathya Sai Baba, November 21, 1986

Recognising the gift to serve

“All service should be regarded as an offering to God and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead in due course to self-realisation. It is this kind of selfless, spiritually oriented service that is needed today. To a world riddled with conflict and chaos, this will provide a climate of serene peace.”

- Sri Sathya Sai Baba, November 19, 1987

Unity

“The foremost duty of the Sai organisations is to promote unity on the basis that all are sparks of the Divine and constitute one family. Without realising this basic truth, there is no use in rendering any kind of service. There can be no sacredness in service if good thoughts and good feelings are absent. Service as an act of Dharma (righteousness) can be offered only by one who is pure in heart, selfless and equal-minded towards everyone (Samathva).”

- Sri Sathya Sai Baba, November 19, 1987





Quality

“Do not bother about adding to the number or achieving a target. I value quality, not quantity. Genuine, intensive, devoted service offered in a few villages is more fruitful than casual contacts and superficial service offered to a large number.”

- Sri Sathya Sai Baba, November 21, 1986

Sacrifice

“It is unbecoming of a person to exchange his or her valuable life—as precious as a gem—for worldly desires and ambitions which are as worthless as a coal stone. The human being becomes immortal neither by deeds, nor by progeny nor by wealth. What makes a person eternal is the spirit of sacrifice. So we should try to make our lives meaningful by sacrificing personal comfort for the sake of our fellow beings.”

- Sri Sathya Sai Baba, April 10, 1975

Render service to your capability

“Every person should render service according to his or her capacity and according to the sphere of his or her activities. There are various limbs in the human body. But the hands cannot do what the legs are capable of; nor can the eyes perform the duties of the ears. What the ears can enjoy, the eyes cannot. Likewise, among human beings there are differences. Their capacities and aptitudes may vary. But each should take part in service activity according to his or her ability, equipment and field of work.”

- Sri Sathya Sai Baba, November 19, 1987





Section 2: Starting and coordinating a service initiative

We encourage you to incorporate acts of service in your daily life as much as possible. When organising larger initiatives for groups, here are a few suggested guidelines:

Needs analysis & planning

*“The act of service is not to be judged, according to the cost or publicity it entails; it may be only the offering of a cup of water in the depth of a jungle. **But the need of the recipient, the mood of the person who offers—these decide whether the act is gold or lead.**”*

- Sri Sathya Sai Baba, May 24, 1967

When planning your activity, conduct a needs analysis looking at questions such as:

- What suffering or needs are present in our community?
- What resources are available? (e.g. people, skills, time, financial resources)
- What existing relationships can we draw upon? (e.g. with a community, with organisations such as hospitals or a blood bank)
- What are our motivations and intentions? Are they pure?
- What is safe in the current context? We encourage you to read up on the latest health and safety regulations and guidelines; as well as the law of the land in your country on mask use, gatherings, and engaging with vulnerable groups such as those in hospitals or elder care homes.





- Are there existing initiatives that we can support? Do we need to start something new?
- Are there other groups we can engage with or work alongside (such as other faith organisations)?

Execution

Here are a few tips to support the smooth execution of your project:

- Create a project plan noting all the major tasks that need to be completed, by whom and by which date to help you manage the tasks.
- If there are financial expenses involved, create a budget and ensure your expenses are within the means available.
- Once you have decided on an initiative, communicate well in advance to your Sai Centre members, fellow young adults and any members of the public you are engaging.
- Consider how you might engage the various wings of the SSSIO in different aspects of the project. e.g. how might the children/ education wing be engaged? Could the devotional wing organise a study circle in the lead-up or as a reflection after the service initiative?
- Ahead of the project think about potential risks and how you could mitigate these.
- Where possible arrange for someone to take clear, action-based pictures/videos to capture the initiative to support sharing of experiences and inspire one another.





Evaluation

It is imperative to convene after the initiative to reflect on the Self-Transformation experience through the activity and how it could be improved in future.

Possible questions for reflection and sharing include:

- What worked well?
- What could have been improved?
- What transformation did each of us undergo?

“After a service project is completed, it is advisable that the Sai devotees who provided the service meet to have a session to discuss the project and share what they received from the experience of serving. They may also give constructive criticism for improving upon it if they choose to repeat the project. Everyone who participated should have a chance to provide input, and the leaders should realise that others may have good ideas. Recognise those who have participated. The goal of a discussion is to make the service project more effective and to develop unity among the members of the Centre.”

- Sathya Sai Speaks VI, 63, 307





Section 3:

Service suggestions and ideas

The following are suggested service activities for your consideration. Feel free to choose activities that best reflect the needs in your community, your context and your situation.

Sociocare:

- Provide food, clothing, school supplies or other items required by the needy in your community. This could also be part of humanitarian relief projects.
- Spend time with elderly or persons with disabilities – connect to those who may be lonely through phone calls, where it is safe to do so you can consider visiting the elderly in nursing homes to spend time with them.
- Tutoring, mentoring or conducting human values classes for children and youth in the community.

“Deserve the grace of God by helping the weak and poor, the diseased and the disabled, the distressed and the downtrodden.”

- Sri Sathya Sai Baba, January 28, 1975





Envirocare:

- Pick up rubbish at a local park, beach or in your neighbourhood.
- Participate in tree planting – this can be with a group, organised with the local government or NGO or even in your own home.
- Practise Ceiling on Desires – reducing waste of food, energy, time, money and donating the surplus or savings for the welfare of society.

“Because there is deforestation to an alarming extent, the extent of Carbon Dioxide in the atmosphere has considerably increased, the remedy for this situation is intensive afforestation.”

- Sri Sathya Sai Baba, 21 January 1993

For an extensive list of personal environmental sustainability actions, you can visit the [**Serve the Planet 108 Tips Book**](#).

Health Care:

- Donate blood. Organise a blood drive for the wider community/Centre/Region to donate blood.
- Offer free medical care/organise a medical camp to provide health care to marginalised communities.

“You owe your existence in this world to the love of your parents. Hence, whenever there is a need for blood donation, you should come forward to donate your blood. Thereby fulfil your obligation to your parents and society.”

- Sri Sathya Sai Baba, January 01, 2004





Personal Sadhana:

- Chanting the Gayatri Mantra 108 times (or other Mantras) for world peace.
Visit: <https://www.sathyasai.org/gayatri>
- Sing bhajans offered for world peace.
- Practise light meditation, spreading light and love around the world.

Visit: <https://www.sathyasai.org/spiritual/meditation-guided-how-to-video>

“Include in your daily prayers a prayer for the welfare of all people in the world. Do not be engrossed in your own wellbeing and salvation.”

-Sri Sathya Sai Baba, February 8, 1990

For an extensive list of personal sadhana ideas you can visit the [Sadhana of Love document](#)





Section 4: Key dates & joining the movement worldwide

Key Dates:

9 April 2022: Information call with Zone Young Adults Coordinators to share ideas and learn more about #ServeSai

June - July 2022: Local Planning Sessions before we embark on #ServeSai

July - September 2022: Service Initiatives

10 October 2022: Submission of Reports and Media

October 2022: Social Media highlight video and reflection call on the journey and sharing of experiences

Joining the movement worldwide

Sri Sathya Sai Baba has said numerous times that service should not be used as a means for publicity. We lovingly request your reports, photos and experiences purely to inspire one another and feel connected in our efforts around the world to serve our Sri Sathya Sai Baba.





Official Hashtags

#ServeSai **#SaiYoungAdults** **#SSSIO** **#SriSathyaSai**
#UnitedInLove

When sharing information or media regarding the service projects on Zone/Country/Centre platforms you may use the official hashtags as we unite in love and service.

Reporting, Media, Testimonials

Reporting helps us quantify and record the impact of the initiative as well as inspire others. Please compile a short write up on the initiative and include pictures where possible. You may also record testimonials from the participants. Consent must be obtained from participants to utilise the footage.

For more information on how to capture the initiative, media guidelines and media release forms visit:

<https://www.sathyasai.org/organisation/guidelines/media>

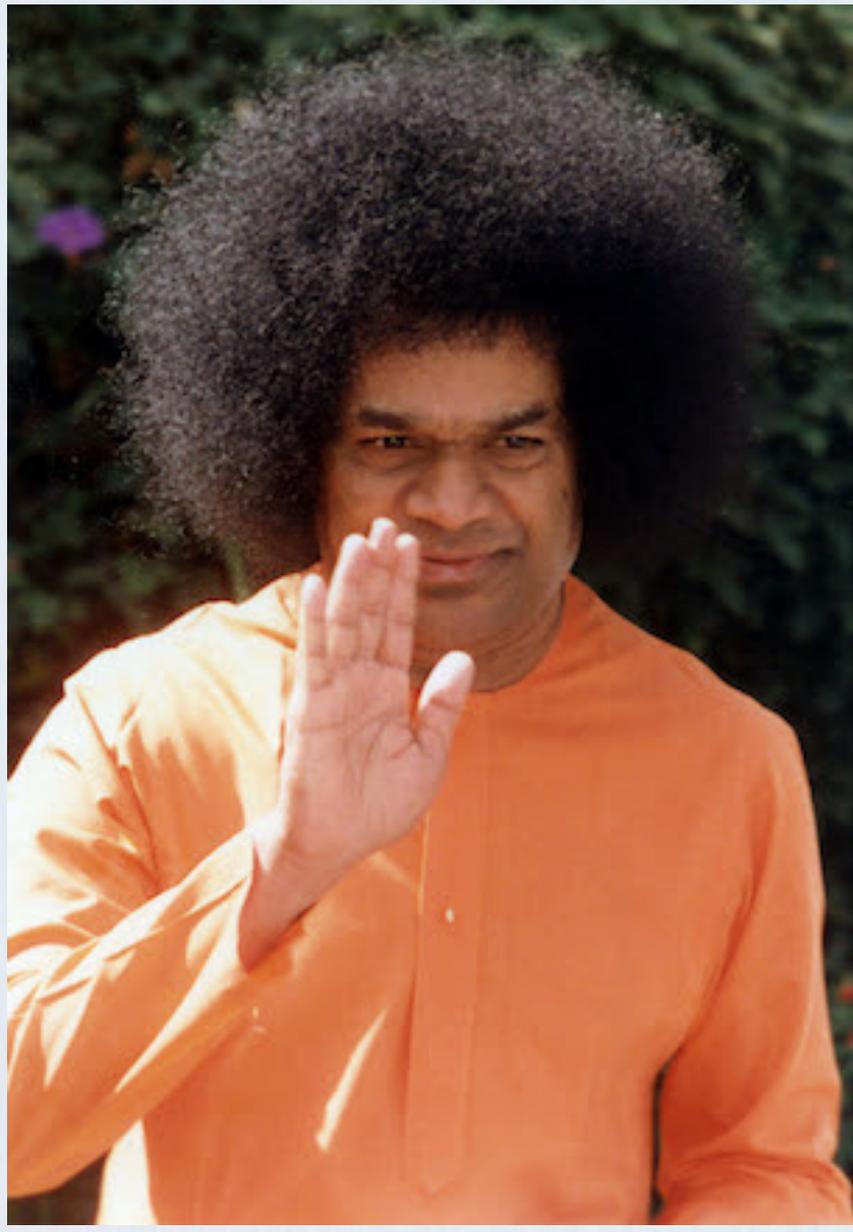
Please submit your reports, images and videos by using the following link:

<https://bit.ly/servesaireports>

Please share your written or video testimonials on your experiences, reflections and Self-Transformation stories by using the following link:

<https://bit.ly/servesaistories>





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