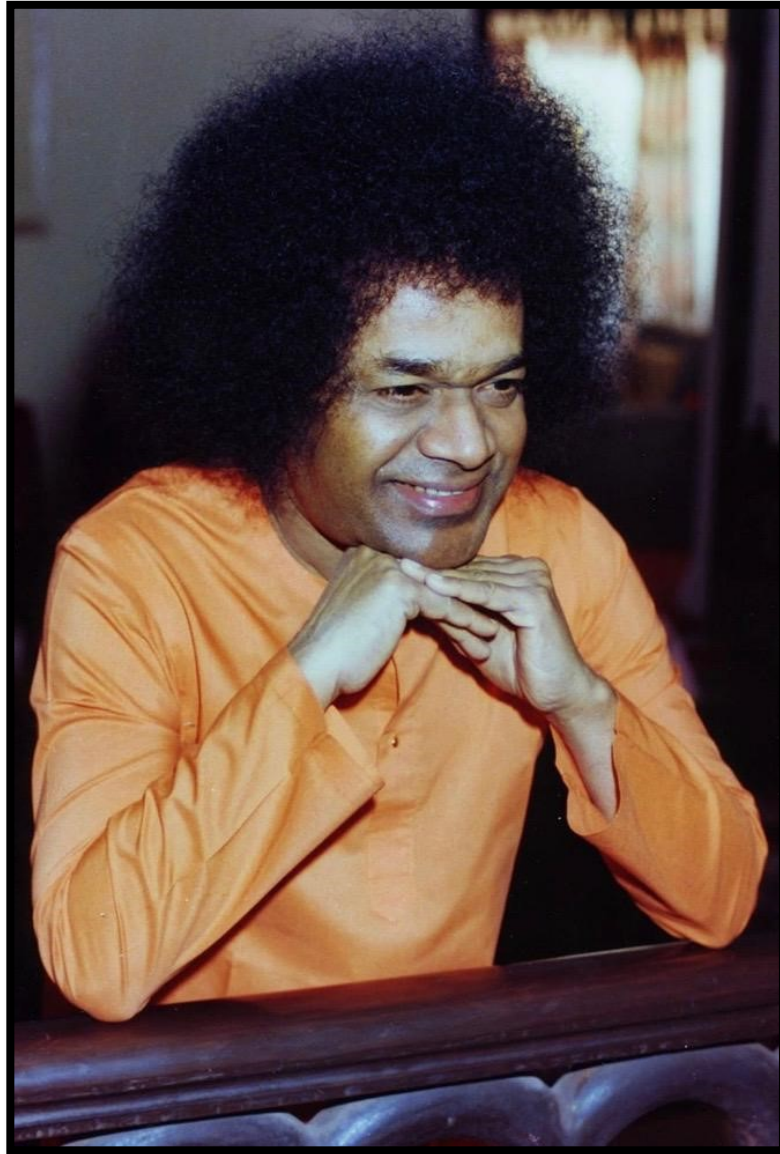


Om Sri Sai Ram



**Sri Sathya Sai Aradhana Mahotsavam (Grand Celebrations) at
Sathya Sai Center of South Bethesda**

**Program Schedule:
Sadhana Program for The Aradhana Month April 2019**



Please contact the Center President, Sai Sravan Cherukuri president@bethesdaiaicenter.org for more information.

Om Sri Sai Ram



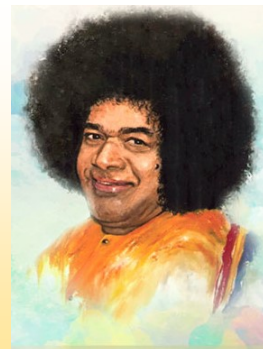
Sathya Sai Center of South Bethesda
Sadhana Program for The Aradhana Month April 2019

<http://bethesdaicenter.org>

SADHANA

Activities

Devotional Wing



Sunday, April 7, 2019

Sadhana Activity:

Vibhuthi Packing Seva

Where:

Main bhajan hall

Seva Details:

3:15 to 3:30– Talk on importance of Vibhuthi

3:30 to 4:10– Chant Swami’s name while packing vibhuthi

The collected Vibhuthi packets will be used for distribution at the Regional Retreat

See page three for more details

Sunday, April 14, 2019

Sadhana Activity:

Chant Sathya Sai Ashtothram while offering rice grains

Where:

Main bhajan hall

Seva Details:

3:15 to 3:30– Talk on importance of Namasmara

3:30 to 4:10– Chant Sathya Sai Ashtothram while offering rice grains

The rice grains will be used for Narayana seva.

See page three for more details

Please contact the Center President, Sai Sravan Cherukuri president@bethesdaicenter.org for more information.

Om Sri Sai Ram



Sathya Sai Center of South Bethesda Sadhana Program for The Aradhana Month April 2019

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The name 'Rama' is made up of three root letters (bijaksharas) associated with Fire, Sun and Moon. Symbolically, this means that by uttering the name of Rama, the fire principle will burn away one's sins, the sun principle will dispel the darkness of ignorance, and the moon principle will cool the fevers arising out of desires. Install the name firmly in your heart and sing with fervor. Do not treat community bhajans as a pastime. Singing should be vibrant, soulful, and combining feeling (bhava), melody (raga) and rhythm (tala). It should not be dull, mechanical or uninspiring. When you join tens and hundreds in singing bhajans, sing full-throated, with purity of feeling and without any bother. Be fully absorbed in the devotional process and experience ecstasy of that experience. Picture the Lord in your heart and utter His Name - you will then feel the ecstasy and you will also evoke joy in others. When everyone sings with such unity, Divinity can be experienced. - **Divine Discourse, Nov 8, 1986.**

For Vibhuthi Packing Seva:

1. Vibhuthi packets will be made while we all collectively chant Om Sri Sai Ram.
2. Vibhuthi and the packing material will be provided at the center

For Namasmarana while offering rice grains:

1. Each participating member to bring 1 lb. of white rice in a zip lock bag
2. All other required materials will be provided at the center
3. Upon completion of the seva, the collected rice grains will be used for the weekly Narayana Seva. Alternatively, the rice grains can be added to the individual Narayana Seva contribution as well

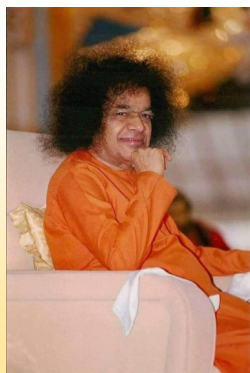
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Om Sri Sai Ram



Sathya Sai Center of South Bethesda Sadhana Program for The Aradhana Month April 2019

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SADHANA

Activities

Seva Wing

1. Center **Eye Glass** Service on **Saturday, April 6**. Team Lead: **Ida Davis**
2. Center **Narayana Seva** on **Saturday, April 13 & 20**. Team Leads: **Kiran Kanipakam & Sukla Lakshman**
3. **Annual Potomac River Watershed Cleanup (APRWC)** Service on **Saturday, April 13**. Team Lead: **Sujay Shrestha**
4. Knitting **Baby Hats** by interested center members during **April and May**. Team Lead: **Sai Sree Cherukuri**
5. **Food Donation** for **The Children's Inn** at **NIH** on **Wednesday, April 24**. Team Lead: **Deepa SriKumar**
6. **Cloth Donation** at **National Children's Center** on **Wednesday, April 24**. Team Lead: **Viswanath Ragupathy**
7. **Book donation** at **Gaithersburg Elementary School** on **Wednesday, April 24**. Team Lead: **Usha Maddineni**
8. **Lunch service** at **Montgomery County Coalition For The Homeless (MCCH)** on **Saturday, April 27**.
Team Lead: **Jayanth Ray**
9. **ECHO** Service activity on **Sunday, April 28**. Team Lead: **Beth Clark**

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Om Sri Sai Ram



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SADHANA

Activities

SSE Wing

Group 1: Greeting cards and messages for NIH children

Group 2: What am I thankful to Swamy for? - Gratitude journals to Swamy

Group 3: The human value I like the most from Swamy's life - Articles by students

Group 4: What does Swamy mean to me? - Articles by students

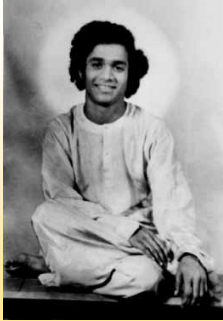
All groups: Prepare Greeting cards, Gift bags and Meals for children and parents at Helping Hands Center on Sunday, April 28, 2019

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Om Sri Sai Ram



**Sathya Sai Center of South Bethesda
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SADHANA

Activities

Young Adults

- 1. Chant Swami's name "Om Sri Sai Ram" 108 times per day for 30 days**
- 2. Chant Gayathri mantram 108 times per week for four weeks**
- 3. Participating YAs will work on a presentation titled "How I connect with Swami"**
- 4. Conduct Study Circle on "How I connect with Swami"**

Please contact the Center President, Sai Sravan Cherukuri president@bethesdaicenter.org for more information.