

WK1 – Parenting the Sai Way**Saturday - 11:00am to 12:15pm: Devotion Hall**

Parenting is purely a balancing act. There is no right or wrong way to parent, but there are some basic resources that we can share with each other, enabling us to become better parents. Some topics we will discuss include how values fit into parenting, recognizing how to practice what one preaches, determining discipline, raising children in a stressful world, observing distress signals from them, and understanding and communicating with the new generation.

Along the way, we will relate some pointers that Swami has shared with us as we became parents to our children, now 23 and 20. Many of us have successfully raised wonderful children, so we encourage discussion and participation. This interactive workshop will provide an opportunity to exchange views to make us all better human beings and Sai parents to the children of our community.

WK2 – Healthy Diet to Support a Hectic Lifestyle**Saturday - 11:00am to 12:15pm: Brindavan**

Wonder how to eat healthy with a hectic lifestyle? Is keto good or not good? Proteins and calcium – am I getting enough? Oils – which is the best? How can we reverse obesity and chronic health conditions? We will provide attendees with take-home resources for evidence-based nutrition information and delicious, easy plant-based recipes.

WK3 – Becoming Wave More than Particle**Saturday - 11:00am to 12:15pm: Prasanthi**

When the physical particles that make up our bodies respond to an elevated energy, we become more energy and less matter. We are then more wave and less particle. Using your consciousness, you are creating more energy so that matter can be lifted to a new frequency and your body responds to a new mind. Swami says "Be like a flute: a hollow reed straight, light, with no substance" to hinder His breath. As the flute allows music to move smoothly like a wave, our behavior can also be trained to act as a wave to pass on positive energy to our fellow devotees. In the workshop, we will illustrate the energy of a wave versus that of a particle, discuss how best to cultivate the qualities of a wave, and show examples of great role models for obtaining long-lasting spiritual happiness.

WK4: Making Baby Hats, Blankets**Saturday - 1:00pm to 3:00pm: Canteen**

Attendees will learn to make baby hats and blankets. Blankets are stitched from flannel material and baby hats are knitted. This hands-on seva workshop aims at enabling more devotees in the region to be adept in this seva and complement the on-going regional service activity of donating baby blankets and hats to various hospitals.

WK5 – The 24/7 Sai Connection: Answering the Divine Call and Cultivating the God Bond**Saturday - 1:30pm to 2:45pm: Fitness Center**

In life, it is our responsibility to pick up the divine phone call to God. But, will He answer? Are we sincere and steady in our yearning for the Lord? How do we find the internal desire to receive the Lord's call and keep the conversation strong? Together, we will work towards better understanding how to stay on the line and nourish the divine connection. This workshop will serve as a meditation on self-awareness and spiritual urgency.

WK6: Gayatri Chanting**Saturday – 1:30pm to 2:45pm: Nature Shack****Sunday – 1:30pm to 2:45pm: Nature Shack**

“The Gayatri has three parts: 1.Praise, 2.Meditation, and 3.Prayer. First, the Divine is praised, then it is meditated upon in reverence and lastly, an appeal is made to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. Dhīmahī is related to the meditative aspect. Dhīyo Yonah Prachodayāt relates to the aspect of prayer. Chanting of the Gayatri Mantra purifies the mind and confers devotion, detachment and wisdom.” (“Sathya Sai Speaks”, vol 33.04: Feb, 10, 2000)

A recording of Swami chanting the Gayatri Mantra will be played and devotees can repeat after Swami.

WK7 – In God We Trust – The Pathway to Surrender**Saturday - 1:30pm to 2:45pm: Arts & Crafts**

Swami says we must always remember, “whatever happens is good for me”, as the mantra to surrender. Sharanagathi, or surrender, is an assumption that if we put everything in God's trust, then we will receive the most happiness and peace. But why should we surrender? What does it mean to truly surrender? How do we practically surrender? And can it really bring us calmness and joy to simply leave everything to Swami?

WK8 – Self-Confidence on the Spiritual Path**Saturday - 1:30pm to 2:45pm: Brindavan**

‘Virtue can grow only in an atmosphere of theism; you must have faith in the omnipresence of God, that God is the witness, the guide, and the guardian. Self-confidence, confidence that you are the pure unlimited self, is the great reinforcement that religion can endow you with. When you establish this in your hearts, you can be entrusted with any type of responsibility, and any type of work’

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What is self-confidence? Is there more than one kind? Why is self-confidence so critically important on the spiritual path? How does it differ from faith and how can it help us negotiate life? Please join us in this interactive workshop as we discover and discuss why Swami emphasizes self-confidence as the very foundation of our spiritual progress, and how it can help us live joyfully in our present-day world.

WK9 – Keeping up with Krishna in the time of the Kardashians**Saturday - 1:30pm to 2:45pm: YA Hall**

We live in a rapidly evolving time, defined by social pressures that challenge many of the notions we are accustomed to in the Sai fold. Some people feel that much of Swami's advice given in discourses is no longer relevant, while others feel that we should live exactly as Swami has prescribed. In this workshop, we will explore and challenge these different viewpoints. We hope that participants will leave the workshop with a better sense of how we can make spirituality practical in our day to day lives, while making sure we do not forget our own goals as spiritual seekers.

WK10 – To Be One**Sunday - 11:00am to 12:15pm: Devotion Hall**

On Guru Purnima, July 14, 1992, Baba said, "*We have built a mansion. In this mansion we have one room for bath, one for cooking, another for dining and yet another for living. What is it responsible for this division? It is walls in between. If you remove the walls, the mansion becomes one again.*" It is only One, the mansion was constructed initially as only One, we are only One, our only task in life is to return to the One. Such a monumental journey requires only a change of One thought and a journey of only One inch. We are already That. Don't become the One. Be One.

WK11 – Holistic Yoga**Sunday – 11:00am to 12:15pm: Fitness Center**

This workshop imparts the practical experience of using various yoga and alternative healing mechanisms in daily life, leading to a healthy body and mind. These mechanisms are a combination of Hatha Yoga, Qigong, Pranayama, power up through moving meditation, vision improvement practices, healing through visualization, and the Emotional Freedom Technique.

WK12: SSE Gurus with Fize Mohammed**Sunday - 11:00am to 12:15pm: Arts & Crafts**

This session will provide a great opportunity for SSE Gurus and coordinators to interact with and learn from brother, Fize Mohammed from Trinidad and Tobago, West Indies.

WK13 – Obliging to Speak Obligingly**Sunday - 11:00am to 12:15pm: Brindavan**

Have you wondered what to say when you get asked to a billion things by your boss? By your friends? By your fellow Sai Center members? Your mind wants to say no, but your heart wants to say yes, and now your hands are confused whether or not to act. Head, Heart, and Hand unity is out the window! Swami has given us the perfect key to unlock this debacle: "*If you cannot always oblige, at least you can speak obligingly.*" No offense! Here, it's pure defense! Let us discuss the tips and tricks to communicating effectively and obligingly.

WK14 – Sai-chology – Let's Talk!**Sunday - 11:00am to 12:15pm: YA Hall**

Swami has always stressed the care one must place when choosing words. In fact, He says, "Before you speak, ask yourself: Is it kind, is it necessary, is it true, does it improve the silence?" This is because effective communication allows us to deeply connect with our brothers and sisters. The purpose of this workshop is to encourage the practice of active listening and empathy when communicating with others and explore how our own biases impede our ability to listen and understand.

WK15 – From Ignorance to Illumination**Sunday – 1:30pm to 2:45pm: Devotion Hall**

Swami says our true nature is happiness (Ananda). Have we really experienced this? Ignorance is to seek happiness from the world while illumination is to seek eternal happiness from within. Life is a journey from ignorance to illumination. This journey is sometimes a struggle, other times a pleasure. Having been born in the age of Sai, let us make a sincere effort to transform ourselves and experience our true nature, NOW!

WK16: Open Singing Session**Sunday – 1:30am to 2:45pm: Fitness Center**

Sing aloud the glory of God and charge the atmosphere with divine adoration... This is why I insist on group singing of the names of the lord. (SSS, VI, 239).

Open Bhajan session where devotees come and sing bhajans for Swami. Open to everyone and no sign-up required to lead a bhajan.

WK17 – The Perfect Present**Sunday – 1:30pm to 2:45pm: Brindavan**

Swami says, "*You should neither brood over the past nor worry about the future. Why all this pointless contemplation? ... Focus Your Thoughts on the Present. The future is hidden in the womb of time; no one can see it*" (Summer Showers in Brindavan 2000; Chapter 11). The objective of this workshop is (1) to be aware that most of our worries and restlessness arises because our mind jumps either to the past or to the present; (2) to be aware that we are not the thinking mind but we are the observer of the thinking mind; (3) to be able to learn few techniques to know what it feels like to 'live in the present moment'. The hands-on workshop includes stories, meditation, and interactive discussions to gain a deeper meaning of the topic and learn techniques to practice awareness in our daily lives.

WK18 – Service Workshop: Making Greeting Cards**Sunday – 1:00pm to 3:00pm: Canteen**

This hands-on workshop is for those who are interested in learning how to make cards for festivals / special occasions / get-well / general greeting cards for patients in a hospital / hospice / residents of senior-citizen homes etc. This will also be beneficial for SSE teachers who would like to teach this to their students.