



Sai Young Adult Local Groups

Reference Manual

“The main objective of the Sathya Sai Organization... is to help you recognize the divinity inherent in you. So, your duty is to emphasize the One, to experience the One in all you do or speak. Do not give importance to differences of religion, sect, status, or color. Have the feeling of one-ness permeate all your acts. Only those who do so have a place in this Organization; the rest can withdraw.” Sathya Sai Baba, Sathya Sai Speaks IX, 35, 187-188, (old edition)

1) Who is a Sai Young Adult?

A member of the Sathya Sai Organization aged 18 to 35

2) What is a Young Adult group?

- a) A group of 2 or more Sai young adults
- b) An official part of the Sathya Sai Organization
- c) Follows guidelines as prescribed by the USA Central Council

3) Why is there a Young Adult program?

- a) To encourage young adults to lead purposeful lives by learning and practicing spiritual values as defined and established by the life, message, and works of Sathya Sai Baba.
- b) To provide forums for young adults of like mind to meet and to discuss issues in leading spiritual lives in today's world.
- c) To enhance, not interfere with, harmony and understanding in family relationships and within the Sathya Sai Organization.
- d) To encourage and develop leadership skills in youth who are the future leaders of the Sathya Sai Organization.

4) How does a Young Adult group operate?

Required Format & Content

- a) Males and females conduct in the same manner as prescribed by the Sai Organization
 - They convene for the same meeting, but sit separately
 - They join in service projects, but maintain discipline in their interaction with one another
- b) Dress code is modest; same as prescribed by the USA Central Council and should be reflective of the local culture
- c) There is at least one young adult who is a contact person/group leader chosen by the local young adult group, and agreed upon by the Center President – this person would serve a term of 1 year and be eligible for one additional term

d) Mutual communication should occur between the local contact person(s) and the regional YA officers, through regular updates

e) Meetings consist of regular study of Sai's teachings, regular and consistent service projects, and regular devotional content

f) Regularly provide the local Sai Center with a YA activity calendar

g) Integrate either a devotional program or service project with the local Sai Center, at least once each quarter

h) Ensure that the group and its activities are open, encouraging, and welcoming to newcomers and people of all cultural backgrounds

SSE Group 4 (16-18 yrs)

- 1.** Encourage young adults to take on mentoring or teaching roles with the younger groups
- 2.** Invite Group 4 to young adult meetings and/or service activities on special occasions. Be in regular communication with SSE/Group 4 teachers and parents of SSE/Group 4 students.
- 3.** Provide an environment which is friendly and welcoming to graduates transitioning to the Young Adult program

Further Suggestions on YA Group Format & Content

a) A local Adult Advisor can be chosen by the local young adult group and the previous local YA advisor, and agreed upon by the Center President – this person would serve a term of 1 or 2 years, and be eligible for one additional term. The primary role of the Advisor would be to guide the local young adult group, and serve as moderator and communication link between the Center and young adults.

b) There may be 2 Young Adult contact persons/group leaders chosen by the group: 1 male, 1 female.

c) On occasion, the group can hold separate male & separate female YA meetings, if group prefers, and is large enough.

d) Rotate leadership, as needed

e) Assign a young adult or adult contact person at the Center level

f) Empower young adults with specific responsibilities to foster leadership skills

g) Hold workshops (i.e. Communication), make presentations (musical, drama, skits) at the local Sai Center, or encourage other forms of creative sessions which facilitate spiritual learning

5) Where can Young Adult groups meet?

1. At a Sai Center
2. At a young adult's or adult advisor's home
3. In a recreational space that allows for spiritual discussion, without distractions (i.e. quiet park)

6) When should a Young Adult group meet?

1. Required Times

- a. Regularly and consistently at a time separate from the regular Sai Center gatherings
- b. Time is determined based on availability of group members

2. Suggested Times

- a. Meet before or after Center meetings
- b. Meet separately from Center meeting timings
- c. Meet at least once per month, more frequently if desired

7) FAQs about Group Size & Dynamics

Q1. Our group size is small, due to a rotating college population, or just due to fewer young adults in the area. How do we sustain activity?

- a. For small groups, involve each member and assign responsibilities to tasks
- b. Involve adults or other YA friends from school or work in service projects where more volunteers are required
- c. Join the Center in its service projects when ever possible.
- d. Reach out to neighboring local YA groups, and have joint meetings, service projects, etc.

Q2. Most of our YAs in the group belong to a specific age range or stage in life (i.e. college students, working professionals, or householders). How do we cater the young adult program to involve and interest all members of the group?

- a. In many cases the older YA's can act as mentors for younger YA's and their presence and support is usually positive and helpful.
- b. Find service projects that meet the community need, and also bring out interests and skill sets of the group

Q3. Who can we approach for dealing with challenges with local groups?

- a. Involve the Regional Young Adult leadership.
- b. These Reps and Advisors will work with you to find a solution. If one cannot be found, participate with the Regional YA leadership in bringing the issue to the National YA Representatives.

Q4. What are appropriate interactions between genders?

- a. In conforming to the Sai Organization guidelines, there should be separate seating during devotional meetings, and limited interaction during service projects.
- b. Furthermore, the Sai organization is spiritual in nature and not social. It is the young adults, and the local and regional YA reps and advisors who together have the responsibility for the proper rules and interactions between the genders.

Do not doubt your destiny: it is to merge in the Highest Wisdom, Power and Love. Do not waver or stay away. At every step, inquire, discriminate, search for Truth. Be self-reliant, bold and free. Know that you are the instruments of God in a Divine Task and so there is no justification for weakness or vacillation. Be an example to others in humility and devotion. Do not scatter advice, without the authority of practical experience. Love, cooperate, serve. Your Office is a call for spiritual exercise, a reminder of your being under My care and direction. Baba

NINE-POINT CODE OF CONDUCT

Officers are expected to do their best to practice the Nine-Point Code of Conduct in order to be examples of Sathya Sai Baba's teachings.

1. Daily meditation and prayer.
2. Group devotional singing or prayer with family members once a week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service work and other programs of the organization.
5. Regular attendance at the Center's devotional meetings.
6. Regular study of Sathya Sai Baba literature.
7. The use of soft, loving speech with everyone.
8. Not speaking ill of others, especially in their absence.
9. Practicing placing a ceiling on desires —consciously and continuously striving to eliminate the tendency to waste time, money, food, and energy— and utilizing the savings for service to humanity.

TEN GUIDING PRINCIPLES

Officers are expected to practice the Ten Guiding Principles in order to be examples of Sathya Sai Baba's teachings.

1. Love and serve your country.

Do not be critical of others' countries. Have a sense of pride in your motherland. Just as your mother has given birth to you, so too the land has given birth to you. Whatever country you belong to, you should have a sense of patriotism. Do not indulge in criticizing other countries or people belonging to other nations. Having trust and faith in your own country, you won't try to put down any other country. Never bring grief or sorrow to your country. To have pride in your own motherland is important. Sathya Sai Baba

2. Honor and respect all religions as pathways to God.

Never have hatred toward any religion. Honor and respect all religions equally. Even as you are a citizen of your motherland but respect all countries, also respect all religions equally. Sathya Sai Baba

3. Love all humanity as part of your family.

Develop a sense of the brotherhood of humanity. Look upon each person as your own brother or sister. There is only one caste, the caste of humanity. All of us belong to the human race, so everyone is equal. Therefore, love each one equally. Sathya Sai Baba

4. Keep home and surroundings clean.

Keep your own house and its surroundings pure and clean. This hygiene will keep you healthy and benefit your worldly life. Sathya Sai Baba

5. Help the needy with food, clothing, and shelter. Help them become self-reliant when possible.

Be discriminating when dispensing charity. In the name of charity or philanthropy, we tend to do injustice to our country. Charity does not mean that the land should be full of beggars. We can provide some support and means for beggars, but provide food, clothing, and other conveniences in such a way that does not encourage laziness and begging. Sathya Sai Baba

6. Be examples of honesty. Do not participate in any corruption such as bribery.

Never give or take a bribe. Giving bribes, or accepting bribes, is contrary to the very name of the Sri Sathya Sai Organizations. Bear this in mind continuously. Sathya Sai Baba

7. Curb jealousy, hatred, and envy.

We must seek ways to solve difficulties such as hatred, envy, and jealousy. To curb this sense of envy and jealousy, develop a broader outlook. Do not differentiate on the basis of race, caste, creed, or country. Follow your cultural and religious customs in your own home, but do not attempt to impose them on society. Rather than this, love each person as your own brother or sister, not seeing them as belonging to another creed, religion, or country. Sathya Sai Baba

8. Develop self-reliance.

Members of the Sri Sathya Sai Organizations should do things by themselves; they should not depend on others. You may be very wealthy and have servants and assistants to help in a few tasks, but your own work you must do yourself. If you wish to be of service to society, serve yourself first. One who will not serve society has no right to belong to a Sri Sathya Sai Organization. Sathya Sai Baba

9. Observe your country's laws and be exemplary citizens.

Never go against the law of the land. Follow the letter of the law. The members of the Sri Sathya Sai Organizations should follow the law in spirit also and be models for the government. Sathya Sai Baba

10. Adore God, abhor sin.

Love God and avoid sin. Love God incessantly. As long as you keep committing sins, God will never be yours. Sathya Sai Baba