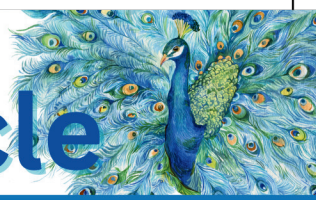


# Baba's Barnet Chronicle

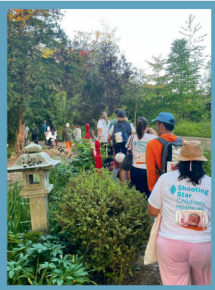
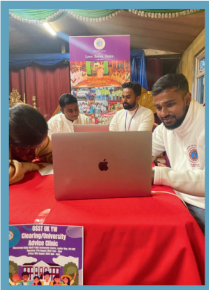


Wednesday 11th October 2023

## What we got up to in the last few months:

- Sunrise Walk with Shooting Stars Children Hospice
- Book Club meetings
- Food Bank Collections
- Conservation Volunteering with 'The Conservation Volunteers'
- South Asian Heritage Month Celebrations
- Neighbourhood Drink Station
- Onam Celebrations
- Clearing/University Advice
- Drawing Competition
- Red Cross - Walk for Humanity

## Past Event Photos



## Empowering People, Changing Lives

Welcome to the inaugural issue of the Sharavana Baba Multi-Faith Community Centre's newsletter! We are thrilled to have you on board as we embark on this journey of making a positive impact on the world.

Our community centre is a constant hub of activity bringing together people from all walks of life. We are excited to share with you all that we do at our centre and beyond!

Our mission has always been to empower individuals to lead a purposeful life and change lives for the better, and this newsletter is just one of the many ways we plan to keep you informed and engaged in our efforts in and out of our home, the Sharavana Baba Multi-Faith Community Centre.

We hope this newsletter serves as a source of inspiration and a reminder of the incredible impact that can be achieved when individuals come together with a shared purpose. Our journey is just at the beginning, and with your continued support, we aim to reach new heights in our endeavours.

Thank you for being a part of the Sharavana Baba Multi-Faith Community. Together, we can truly make a difference.



## Sponsored Walks

We love getting involved in sponsored walks in collaboration with other local and national charities and find it to be a great opportunity to get sociable and active outdoors whilst fundraising for a fantastic cause.

We kicked off this summer by joining Shooting Star Hospice on their 10km Sunrise Walk across the stunning Reigate Hills to support their phenomenal work caring for children with life-limiting conditions.

We, then ended the summer, the only way we knew best, by joining the British Red Cross on their Walk for Humanity across iconic London landmarks, so they can reach people in crisis when they need it the most.

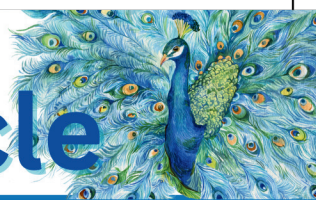
We managed to overshoot our fundraising target by a whopping 226%! Thank you to all who supported us with our fundraising.





OSST UK YOUTH WING PRESENTS'

# Baba's Barnet Chronicle



Empowering People, Changing Lives

Wednesday 11th October 2023

## OSST YW Book Club

Here are a few words from one of our regular attendees:

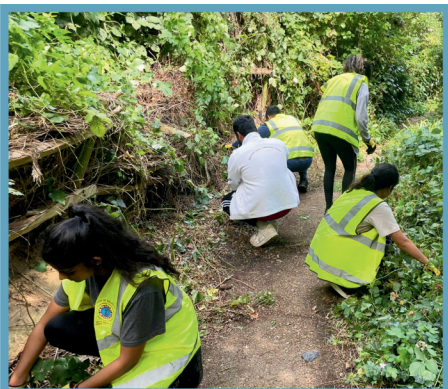
It has been an absolute pleasure to join OSST Youth Wing's Book Club to read and reflect collectively with other divine souls. Sharing ideas and reflecting on each other's perspective has only given us the ability to gain more wisdom and knowledge. At the moment, we are reading the Sai Satcharitra and I can say that it has definitely strengthened my path to spirituality.

One of my favourite chapters of the Sai Satcharitra is Chapter 13 because it unfolds the many miracles that took place because of Shirdi Baba's simple yet powerful words. The story of devotee Kaka Mahajani definitely illustrates this as the true medicine that cured him from the disease he had, was none other than Baba's word. Overall, the chapter signifies the importance of a Guru's word and the power of letting faith be bigger than your fear. This was something that definitely resonated with me and I have felt deeply connected to what I was reading.

I would highly recommend for anyone interested in growing together whilst gaining wisdom and knowledge to join the OSST Youth Wing's Book Club for an enjoyable experience!

## Summer Conservation Project

Saturday 12th August



Our youth members had a fantastic time volunteering with 'The Conservation Volunteers' at Springfield Community Park over summer. It was a rewarding experience to help care for our local environment and learn about how we can protect native species. We will be back soon to get 'dug in' with more of TCV's incredible projects!

### OSST YW Book Club

THEME: SPIRITUAL

ON A FORTNIGHTLY BASIS  
2 PM - 3 PM

Sharavana Baba Community Centre,  
Legion Way,  
N12 0QF

For more information  
contact us on:  
@osstukyouth  
+447535709613

## South Asian Heritage Month Event

Sunday 13th August

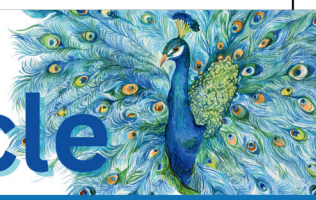
Here are a few words from our volunteers on the day:  
Being a South Asian within the UK presents me with a truly unique and heartening experience. The key is finding a subtle balance between preserving our cultural heritage whilst embracing the British way of life and the diversity in the UK to contribute to a more inclusive and harmonious society.

We had a fruitful experience preparing and hosting our own South Asian Heritage Month event to showcase and celebrate the importance of community and our rich culture and traditions with delicious food with our local neighbours. Throughout the day, we had amazing live musical performances, an interactive quiz, and a touching speech from a representative from Noah's Ark Hospice about our youth wing's valuable contributions. We thoroughly enjoyed the event itself and we are excited for next year's event.





# Baba's Barnet Chronicle



Empowering People, Changing Lives

**Onam**  
Tuesday, 29th August

Wednesday 11th October 2023

It is OSST Youth Wing's annual tradition to join in the celebrations of Onam, a festival period originating in Kerala to mark a rich harvest season. Every year we create a unique centrepiece for the occasion to evoke a sense of plentitude and prosperity. This year we used coloured rice puffs to create a magnificent peacock feather design.



**Neighbourhood Drink Station**  
Saturday 19th and Sunday 20th August

We strongly believe in loving thy neighbour and what better way to do that than offering our lovely neighbours a refreshing drink on a hot summer's day. A simple yet heartwarming (heart-cooling, some may say) way to connect, share smiles and create a more welcoming and friendly neighbourhood environment. So, why not raise a glass to the joy of good neighbours and the bonds that tie us together? Cheers!



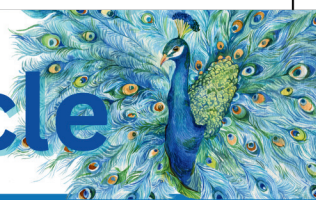
**Drawing Competition**  
Tuesday, 19th September

In September, we held our very first drawing competition at our community centre. The theme was Summer 2023 and we received an array of creative entries. See all the incredible drawings and the top 3 winners of the competition below!





# Baba's Barnet Chronicle



Wednesday 11th October 2023

## Upcoming Events:

**Charity Auction with  
Noah's Ark Children's  
Hospice**

**Diwali Celebrations**

**Shooting Star Chsiwick  
Fire Walk**

**Christmas Fair**

## Power of Chanting

Chanting is a multi-faceted practice which is believed to be a means of connecting with the divine and for those seeking personal transformation/development, it also reinforces your spiritual identity. It is widely believed that the vibrational energy from chanting helps protect and heal the mind, body and soul. Join us on our weekly chanting sessions to rebuild your spiritual connection or even help with your meditative practices.

**Sudharshana Gayathri Mantra**

**252,562**

Chanting Total  
28th Jun 2023 - 11th Oct 2023

**Subramaniya Gayathri Mantra**

**37,995**

Chanting Total  
19th Aug 2023 - 11th Oct 2023

**Narayana Gayathri Mantra**

**38,045**

Chanting Total  
19th Aug 2023 - 11th Oct 2023



**HAPPY  
international  
YOUTH DAY**  
OSST UK YOUTH WING



SHAPING THE FUTURE WITH VOLUNTEERING

**Become a volunteer of the  
OSST UK Youth Wing**

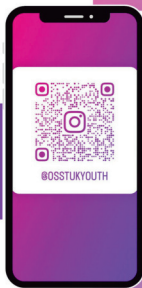
Contact us on:

 [youth.wing@osst.org.uk](mailto:youth.wing@osst.org.uk)  
 +447535709613

For more information on some  
of our past activities check out:  
[www.omsharavanabhavamatham.org.uk/helping-the-local-community](http://www.omsharavanabhavamatham.org.uk/helping-the-local-community)



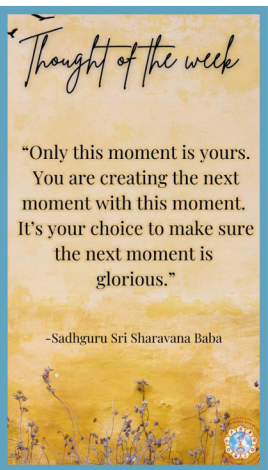
**OSST UK  
YOUTH WING**



**FOLLOW US  
ON  
INSTAGRAM**

@osstukyouth

STAY UP TO DATE  
WITH OUR  
ACTIVITIES  
+447535709613



*Thought of the week*

"Only this moment is yours.  
You are creating the next  
moment with this moment.  
It's your choice to make sure  
the next moment is  
glorious."

-Sadhguru Sri Sharavana Baba

## Thought of the Week

The power of our thoughts cannot be undermined. They determine how we feel, our decisions, our actions and are our most powerful tools. To begin our week on the right note every Monday we share uplifting quotes from spiritual teachers across the globe and throughout time.

## Food Bank Donations

The cost of living crisis has left over 7% of the UK population facing food poverty. Food banks are a key vehicle to fighting individuals and families' hunger. Join us in supporting our local food banks by donating non-perishable food items weekly at our community centre.

**NON-PERISHABLE  
FOOD  
DONATIONS  
NEEDED**

**LOCAL  
FOODBANKS  
RELY ON  
OUR  
GOODWILL  
AND  
SUPPORT**

COLLECTIONS TAKING PLACE  
**EVERY TUESDAY AND THURSDAY BETWEEN 6-8PM**  
AT THE SHARAVANA BABA COMMUNITY CENTRE,  
LEGION WAY, BARNET.

**ITEMS TO DONATE**

- SUGAR
- TINNED /PACKETED PULSES
- TINNED FRUIT/VEGETABLES
- TINNED POTATOES
- WASHING UP LIQUID
- RICE
- LONG-LIFE MILK
- PASTA/PASTA SAUCES
- JAM/SPREADS
- COFFEE
- TEA BAGS
- BISCUITS
- SEALED TOILETRIES

