

January 2009



*Devoid of dividing walls of
caste or race
or hatred of rival faith,
We all here in Brotherhood,
Such know this place to be
This Model foundation!
- Sree Narayana Guru*

Sree Narayana Mission (Singapore)

SNM NEWSLETTER

Lunar New Year Dinner



SNM celebrated the Chinese Lunar New Year with a Dinner & Concert on Friday, 30th January 2009. Nearly 500 guests attended the function. This dinner was made possible by the generosity of Mr Chang Meng Kiat. Thank you Mr Chang Meng Kiat!



Diamond Jubilee Gala Dinner



A Gala Dinner, to cape SNM's 60th Anniversary celebrations, will be held on 20th February 2009 at the Fairmont Hotel. The invited guest-of-honour for the evening will be His Excellency Mr S R Nathan, President of Singapore. The function will begin promptly at 6.45pm when the bar opens. Dining tickets are on sale now and the cost of each table of ten diners is \$1000

Don't miss the opportunity as there are limited places for the dinner! Book your seat now! If interested to attend, please make your crossed cheque payable to "Sree Narayana Mission" and send it to General Secretary at 12 Yishun Avenue 5 Singapore 768992.

A sunny day provide a great backdrop for SNM Charity Walk, held on 18 January 2009, which encouraged many participants to support this event. They assembled at the Sembawang CC for the scenic 3 kilometer walk to Sembawang Park after some light exercises. The event was graced by Mr Khaw Boon Wan, Minister for Health and MP for Sembawang GRC, who flagged off the Walk. The event was a huge success thanks to more than 1000 people who come together and build an atmosphere of fun and enthusiasm to help raise fund for SNM unfunded welfare programmes. The walk raised over \$60,000. SNM would like to thank all who have contributed to the successful event. Special gratitude goes to all our donors who wish to remain. They are:



Sembawang CC	NorthWest CDC	National Council of Social Services (NCSS)	Health Promotion Board
National Parks Board	National Environment	PUB NEWater	Dr Raj Mohan
Disabled People's Association	Harvey Norman	Mrs Ram & Group	Nestle Singapore Pte Ltd
Jothi Flower Shop Mr M S Melvin—JJS MS International	Yong Heng Seng Gas	Woodlands East Company	Sin Sum Yew and Company

Fundraising activities are essential to SNM in order to maintain the quality services it provides and to fund programmes and activities that are essential to the Home.



SNM Charity Walk



Pongal Wishes



The Pongal festival was celebrated at the Sree Narayana Mission on 14 January 2009 to spread happiness and well-wishes. Residents put on new clothes and tucked in delicacies

like the sweet rice and payasam, which were prepared by staff. This annual festival brings unity, prosperity and love in the Home

Meranti Home's Monthly Digest

The Meranti Home celebrated the Pongal festival on its grounds on 14 January 2009 with much pomp and gaiety. Residents chipped in to help prepare the Pongal rice and the milk.

The Home's main aim in celebrating this Pongal festival was to bring the residents down the memory lane and create a sense of warmth, normalcy, reintegration with main stream society. Judging from the wide smiles and favourable comments from the residents, it was evident that the Home had succeeded in its aim. To a majority of the Tamil residents, the celebration brought back nostalgic memories of their family members especially their women folk and sumptuous meals and sweets that followed.



Announcement!

Cooking Class

Good news for all those who love to cook! Cooking classes will resume in February. The classes will be held on 7 and 28 February and 28 March and 11 and 25 April. There will be a charge of \$10 for each cooking class.

So what are you waiting for? Hurry and sign up for the classes. All are welcome. Please call Ms Leckchimi to register at Tel: 67521785

Sivarathri

Sivarathri will be observed with a Special Guru pooja
At: SNM auditorium.
Date: Monday, 23 February 2009.
Time: 7.00pm to 6.00am

ആത്മോപദേശശതകം

ശ്രീനാരായണഗുരു
അർത്ഥവും വ്യാഖ്യാനവും
നിത്യചൈതന്യയതി

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ഒരുവനുനല്ലതുമന്യുനല്ലലുംചേർ-
പ്പൊരുതൊഴിലാത്മവീരോധിയോർത്തിടേണം
പരനുപരം പരിതാപമേകിടുന്നോ -
രരിനരകാബ്ധിയിൽ വീണെരിഞ്ഞിടുന്നു.

ഒരുവനുനല്ലതുമന്യുനല്ലലും ചേർപ്പൊരുതൊഴിൽ = ഏതൊരു കർമ്മമാണോ ഒരുവനു നന്മയുണ്ടാക്കുകയും അതേസമയത്തുതന്നെ അന്യനു ദുഃഖകാരണമായിത്തീരുകയും ചെയ്യുന്നത് ;

ആത്മവീരോധിയോർത്തിടേണം = അത് അന്യനുമാത്രമല്ല ആത്മാവിനുകൂടി വിരോധമായിട്ടുള്ളതാണെന്ന് അറിയേണ്ടതാണ് ;

പരനുപരം പരിതാപമേകിടുന്നോർ = അന്യർക്ക് അളവറ്റ ദുഃഖത്തെ ഉണ്ടാക്കുന്നവർ ;

എരിനരകാബ്ധിയിൽ വീണെരിഞ്ഞിടുന്നു = സീമയില്ലാത്ത ദുഃഖത്തിന്റെ അഗ്നിജാലയിൽ കുടുങ്ങി പരിതപിക്കുന്നു.

ഏതൊരു കർമ്മമാണോ ഒരുവനു നന്മ ഉണ്ടാക്കുകയും അതേ സമയത്ത് അന്യനു ദുഃഖകാരണമാവുകയും ചെയ്യുന്നത് അത് അന്യനു മാത്രമല്ല ആത്മാവിനുകൂടി വിരോധമായിട്ടുള്ളതാണെന്ന് അറിയേണ്ടതാകുന്നു. അന്യർക്ക് അളവറ്റ ദുഃഖത്തെ ഉണ്ടാക്കുന്നവർ സീമയില്ലാത്ത ദുഃഖത്തിന്റെ അഗ്നിജാലയിൽ കുടുങ്ങി പരിതപിക്കുന്നു.

One Hundred Meditations

based on

Narayana Guru's Atmopadesa Satakam

Nitya Chaitanya Yati

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*oruvanu nallathumanyanallalum ce -
rpparu tozil atmavirodhiyorttitenm :
paranu param paritapam ekitunno -
reri narakabdhiyil vinerinnitunnu.*

*What is good for one person and brings misery to another
such actions are opposed to the self , remember !
those who give great grief to another
will fall into the fiery sea of hell and burn.*

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