

## LADIE'S WING

### **Ladies' Wing takes off with great ideas**

Convened by Lata Bhat, Ladies' Wing Coordinator, the first meeting of the Ladies Wing was well attended. Those in attendance generated many useful ideas for activities in three main categories:

#### **A. Siva activities for the Community**

1. Help residents of Women's Shelters
2. Crafts - knit, sew and crochet items (blankets, mitts, scarves, etc.) as a group or independently for distribution
3. Volunteer at Seniors Homes
4. Assist at soup kitchen on Sundays
5. Prepare sandwiches for distribution to the needy
6. Collect non-perishable items for the Food Bank

#### **B. Seva activities within the Centre**

1. Develop a schedule for teams to help with the cleaning, and involve Youth. At least 2 adults with 2 Youth members. Have 2 SSE students monitor and maintain neatness at the shoe racks
2. Preparing meals for Centre events - in fairness to all interested have 3 team leaders to take turns at coordinating menus and meals for special events. Each leader will invite people to assist. In this way several people will be given the opportunity to do this type of seva. Meals will be simple rather than a large variety of dishes.
3. Form a Committee whose responsibility is to assist members of the congregation whether they are in a crisis situation (loss or illness of a family member) or when support is required such as a happy event.
4. Prepare guidelines of all Mahila Wing activities to ensure continuity of seva activities.

#### **C. Wellness and Education**

1. Bhajan practice for ladies once a month
2. Arrange for qualified speakers - topics such as wellness, nutrition and health issues
3. Invite Geeta Mohan Rao as a guest speaker for Ladies Day
4. Hold Mahila meetings on the 19th of each month. If it happens to fall on a Saturday, the meeting will take place after yoga classes and will be followed by a simple potluck lunch. In this way,

recipes for healthy snacks and light lunches can be exchanged.

The next meeting will take place on Saturday, April 19th, followed by a potluck lunch.



### ***Special Announcement***

**In September 2008, the Executive Committee will implement the following proposal to maximize benefits of the SSE program for children, parents and Centre**

- Hold SSE classes from 2.00-3.45 pm
- Snack break 3.45-3.55 pm
- Gurus bring classes in an orderly manner to join satsangh. **Parents join children**

- Satsangh begins at 4.00 and ends by 5.00 pm.
- Change in effect 1st Sunday in September for congregation; at commencement of September classes for students and parents**

#### **Benefits of change:**

- Children see good modeling of devotion, discipline and duty by parents and other adults
- Children, youth, parents become active participants in the spiritual activities of the Centre with opportunities for growth in service and leadership skills
- Provides opportunities for enhancing parent spirituality through study circles & other programs
- Reduces stress on families: families have adequate time to have dinner together and prepare for school the next day
- Centre gains in vibrancy, unity and solidarity