



Optima Foundation - Poverty Relief

25 Oxford Avenue, ST. ALBANS
Herts, AL1 5NS, United Kingdom

Established: 1996

News Letter – Issue 11

January 2004

New Year Greetings!

For many around the world, Year 2003 had been a year of challenges, especially to our brothers and sisters in the Middle East. Our prayers are, therefore, for **a world at peace with itself.**

Let us wish you:

Silence, when words can only wound

Patience, when anger can only hound

Deafness to hear the scandals as fact

Blindness to see the venial act

Promptness to hold those living in fear

And

Courage to keep your promise of the New Year

Our New Year greetings go out to all, regardless of their faith or social background.

Love All Serve All

What did we achieve in 2003?

As in the past, we were able to support the **"Spirituality in Action" Day** on the 15th of December (The day after the 3rd Advent Sunday!). On this day we provided a hearty meal to around 1000 under privileged

children in seven orphanages and children's homes (Sri Lanka).

While issuing this Newsletter, we have already started our fund raising for the **'2004 Spirituality in Action'** celebration. We spend around 50 Pence per child per meal for the celebration / party.

In this venture every Penny counts. So we trust, once again we can call upon your support.

Thank you and God bless you all.

Tom Jeyendran
Hon. Secretary / Editor

New Year Assessment

Every year brings its profits and losses

But the account of life Isn't balanced at any stage

For, whether we lose or gain It is profit all the time.

The things of the world They come and go.

But the spirit of man is enriched, all the same

For Through difficulties and happiness

We are led to the vision

Of the enduring reality

Which lies behind life with its ups and downs?

Yes, we behold the Greater Spirit.

Whose other name is God whose power and grace is the 'Dance of Life'

(Pancha Kritya – Hindu sages called it. Let's forget these difficult names!)

We are the part of the Greater Spirit who is inseparable from us. Never

He dwells with us all the time The All intelligence and Love.

He is the tree. We are the branches.

So let us rejoice and say at the year's end and beginning

'Everything is Thine, Lord I and mine'

And pray we never forget 'Lord, Thou art ever with us'

(Editor's Note: Long while ago a close family member of mine wrote this New Year Assessment for me and I kept this in my file for sharing it with others on a future date. Now the opportune moment has arrived.)

For further information –

Please write to: Miss Valli Luschwitz (Hon. Chairperson)
At Optima Foundation

Or: **email:** tom_jeyendran@yahoo.co.uk
Telephone: Tom on 07974 764929

Bankers:

National Westminster Bank
10, St. Peter's Street, ST ALBANS, Herts
AL1 3LY
Sort code: 60 – 18 – 11
Account Number: 45319502

Lifelong learning

The learning experience

One day a young couple visited the Master to find a solution. The Master raised his eyebrows and with a smile asked, "What can I do for you?"

The young man replied, "We are fond of each other. Should we get married?" The Master replied, "If you are in love the answer is yes". The young couple went away with beaming smiles.

A year later the couple returned with a question. "Oh Master our marriage is not working, should we part company?" Once again the Master smiled and said, "If you are not in love, the answer is yes".

All the disciples looked at the Master in confusion. The Master smiled and explained, "Some learn from others' experiences, but for many knowledge is a product of personal experience".

Patience

And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient

(Timothy II – 2:24)

The Lord

Hold on to **HIM** and live your lives.
You will not slip.

Build your activities on that basis.
Your career will not cave in.

You will also develop courage, consolation and faith in yourself and in your destiny.

Sathya Sai Baba

My law –

Maori Wisdom from New Zealand

You are your own Devil. You are your own God.

You fashioned your paths your footsteps have trod.

And no one can save you from Error or Sin
Until you have harked to the Spirit within

Tieme Ranapiri (attributed to a Maori)

Joy and progress

In the joy of others lies our own
In the progress of others rests our own

His Divine Holiness Pramukh Swami Maharaj

On a lighter side

While I was in Israel with a group of academics a few years ago, I visited a gift shop for the second time within a short space of time. The shopkeeper greeted me and asked, 'Did you forget something?' My immediate reply was, 'I have a bad habit of not writing down what I need on a shopping list'

With a smile, the shopkeeper whispered, 'Bad habits are easier to clear if you tackle them today rather than tomorrow. If not, they have a habit of multiplying!'

Tom Jeyendran

Optima Foundation – Poverty Relief

Our Aim

Optima Foundation exists to provide Poverty Relief on a global basis, thus reducing the physical, intellectual and spiritual hunger. In this mission, Optima Foundation aims to promote the Five Lamps concept in Human Values. They are **Love, Peace, Truth, Right Conduct and Non Violence.**

Our Commitment

Optima Foundation is fully committed to the Principles

of Interfaith Harmony and Human Values. Thus we shall carry out our work, rising above any social barriers resulting from gender, race, class, religious affiliation and physical or mental limitations of individuals.

Optima Foundation has no political or sectarian alliances or affiliation and is funded by donations and membership fees only. Currently, every Penny collected (100%) is spent on the under privileged children in various countries. Administration costs are borne by a few selected benefactors and the committee members.

Our Objectives

In the Short and Medium Term, Optima Foundation shall:

1. Sponsor feeding Programs for children in need
2. Provide books to orphanages and children's homes to enhance their educational abilities.
3. Promote religious harmony among young children and develop interfaith understanding.
4. Provide training and development workshops for the volunteers, members and supporters.
5. Help those who endeavour to help themselves