



# NIRANKARI

## JOURNAL

Vol. XIII No. 1  
January-April 2003

A quarterly newsletter published  
by the Sant Nirankari Mission of USA & Canada

## Heard in Satsang...

**Speaker:** Bhagat Kotu Mal Ji

**Reporter:** Ritika Thohan,  
Washington, D.C.

### What Bring Us Closer to God?

Sometimes we may think that nothing bad will happen to us because we have realized God, and because we also pray to Him everyday. We, however, forget that this God-knowledge can go away. There is no guarantee that it will stay with us.

How do we lose His realization and how do we get closer to Him? Every time we are jealous of someone, hate someone, or breed ill-will, we go farther from God. On the other hand, when we do selfless service (*sewa*) and indulge in constructive activities, we come closer to God. Sewa brings us closer to our fellow beings and their Creator. There is no better way to gain respect from saints than *sewa*. There is no better bridge to come closer to God than through selfless service of His people. It is not an easy task. It needs commitment. For example, Sewa Dal volunteers get to the

satsang early to do the set-up, and they leave late after cleaning up. That's commitment. Many people, on the other hand, have a very casual attitude toward the satsang and do not think that *sewa* is important. They just come to the satsang whenever they wish and leave whenever it suits them. I tell you from what I have seen for many decades in this Mission:

If you go the extra mile on the path of *sewa*, it brings you closer to saints, Satguru, and Nirankar. Conversely, if you are filled with hatred, jealousy, or evil thoughts toward someone, it widens the gulf between you and the saints, Satguru, and Nirankar.

### Special Blessings Await You

Baba Avtar Singh Ji used to say to the devotees, "If it is the day for satsang and you are at home and you don't feel like going to satsang. What should you do? Definitely go to the satsang on that day, because that day you need satsang the most. Attending the satsang on such a day will bring lots of blessings in your life."

## Where Is the Hope?

Hope does not come only when the year is new, Hope often comes from the sources we seldom go to.

Hope does not come from hours worked and dollars earned,  
And not from wonderful schools where we have learned.

Hope does not come from our talents and skills,  
And not from the physician-prescribed pills.

Hope comes from first hearing the holy books' timeless teachings,  
Revealed only by the present Master's blessings and preachings.

Hope is not far away, if you see Him always near,  
So keep the faith,  
know Him, and know no fear.

—Daniel J. Slobodnik,  
Washington, DC

# What's Easy? ..... What's Hard?

Being bad is easy. ....	Doing good is hard.
Giving up is easy. ....	Determination is hard.
Criticizing others is easy. ....	Seeing their virtues is hard.
Talking is easy.....	Listening is hard.
Giving advice is easy. ....	Taking advice is hard.
Flab is easy. ....	Muscle is hard.
Taking gifts is easy. ....	Giving gifts is hard.
Lying is easy. ....	Truth is hard.
Sleeping is easy ....	Waking is hard.
Talking about God is easy. ....	Seeing God is hard.
Being a Nirankari in satsang is easy.....	Being a Nirankari outside the satsang is hard.
.....	.....
Holding a grudge is easy.....	Forgiving is hard.
Reverence and respect for the Satguru is easy. ....	Love for the fellow devotees is hard.
Respect for fellow devotees is easy. ....	Respect for the whole mankind is hard.
Telling a secret is easy.....	Keeping a secret is hard.
Falling in love is easy. ....	Rising in love is hard.
Spending is easy. ....	Saving is hard.
Eating is easy. ....	Dieting is hard.
Doubt is easy. ....	Faith is hard.
Criticizing is easy. ....	Taking criticism is hard.
Going to movies is easy. ....	Going to satsang is hard.
Attending a satsang is easy.....	Being attentive in satsang is hard.
Joining Sewa Dal is easy. ....	Being a disciplined volunteer is hard.
Lip service to humanity is easy. ....	Serving the community is hard.
Pride is easy. ....	Humility is hard.
Criticizing the management is easy. ....	Helping management is hard.
Borrowing is easy. ....	Paying back is hard.
Cowardice is easy. ....	Bravery is hard.
Messy is easy. ....	Neat is hard.
War is easy. ....	Peace is hard.
Sarcasm is easy. ....	Sincerity is hard.
Growing weeds is easy. ....	Growing flowers is hard.
Reaction is easy. ....	Action is hard.
Feasting is easy. ....	Fasting is hard.
Following is easy.....	Leading is hard.
Having a friend is easy. ....	Being a friend is hard.
Selfishness is easy. ....	Selflessness is hard.
Listening to the Satguru's discourses is easy.....	Following the Satguru's teachings is hard.
Putting money into stocks is easy. ....	Giving money for sewa is hard.
For a believer, everything is easy. ....	For a non-believer, everything is hard.

Sonu Mirpuri, Chicago (Illinois)



# EDITORIALS



## Realizing the Divine Is for the Good of All

In this age of science, it is not possible to believe that human life arose in a miraculous way. In the Bible, the birth of human life goes back to Adam and Eve.

While living in Heaven, they disobeyed God. As a result, they were thrown to the earth. Thereafter they became progenitors of human race. Since then the human beings are caught in the cycle of birth and death. Thus goes the story of human life in the ancient religions. In the oriental religions, magic and miracle hold the same way though the nature of events, their occurrence and arrangement is different. In Hinduism, this goes back to the interplay between different gods, Indra, Agni, and so on. In Sikhism, which came into being only five centuries back, human life is believed to have appeared when *nirgun* (formless) changed into *sargun* (living form).

These magical and miraculous stories gave place to the evolutionary explanation of human life. According to this explanation human beings take birth and meet with the death like animals, birds, and trees etc. This may be a fact of nature but it does not satisfy the truth of the mind that impels human beings to rise above the mundane level and seek union with Divine. In Christianity, this realization is believed to come through penitence and resurrection. Hinduism holds that reincarnation makes it possible. In Sikhism, it is the grace of the Almighty that works this wonder. In *Japuji* of Guru Nanak with which the *Adi Granth* opens, human beings aspire for union with the Divine:

**How to arrive at the truth?**

**How to break the veil of falsehood?**

To this the answer comes from within his soul as under:

It is by working according to His will and order

Which is written along with man's birth.

Since God who is both the Almighty and Divine is one with the truth for all times to come, so to shower grace upon human beings is an act of supreme pleasure with Him. "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me: for I am meek and lowly of heart and ye shall find rest unto your souls. For my yoke is easy and my burden is light (Mathew 11:28-30)." The divine thus sought and realized through the grace of His messenger, the Satguru, ultimately becomes a quality of human being's mind. It turns out to be his own sympathy for the suffering humanity, all pervasive feeling of goodwill toward the world, the vegetation, the trees, birds, and animals. No scientific explanation can bestow this feeling of richness and fulfillment

—Dr Iqbaljit S. Rai

## Editorial Comment

We often hear "music has no language." Is it true? Yes and No.

Yes, if the music is instrumental; no, if the music has lyrics too.

Music has an important role in our lives. And, devotional music has a special significance in our enjoyment of the devotion. Most people would agree that Nirankari congregations would be less enjoyable if we did not have all those wonderful devotional poems and songs (*shabad*, *bhajan* and *geet*). In our congregations, there is no dearth of songs written in Hindi, Punjabi, and other Indian languages, but English songs are a rarity. If we wish our English-speaking fellow-devotees to enjoy the congregations as much as others do, we need to pay more attention to the development of English songs and poems.

We are thankful to our writers Robin Mallor (Michigan) and Dan Slebodnik for their support of the Nirankari Journal. Our readers know Rev. Slebodnik very well; he is a regular writer and news reporter from Washington DC area. His poem, *Where Is the Hope*, has been included in this issue. Sister Robin Mallor (Michigan) has composed many songs and has been seen and heard in satsangs and samagams. One of her very popular songs, *Divine Simran*, appears on page 11. Many devotees have been asking her for the lyrics for this song. Rather than write them out for individuals, she has submitted it for publication in the Journal. We appreciate their contribution and are sure that the Nirankari devotees will enjoy reciting and singing these compositions. We hope that it will inspire our song writers to compose more songs in English language and help enhance our enjoyment of satsangs.

—Ashwani Madhok  
Associate Editor

## Bone Marrow Registry:

# Commendable Enthusiasm Transcending the Barriers of Faith

Indian Community support has been pouring in ever since the word got out that one of our fellow devotees, Varinderpal Sandhu, is in need of a bone marrow transplant. Varinderpal, a 32-year-old engineer, is son-in-law of our saint Ajit Singh Sooch, local *Sanchalak*, Tracy, California. Varinderpal is suffering from acute Lymphoblast Leukemia, a life-threatening disease. He has a six-year-old daughter and a three-year-old son. His wife Jyoti grew up in the local Sangat. Varinderpal has been admitted to the University of California at San Francisco Medical Center. He has undergone extensive chemotherapy for 9 months. He is in need of bone marrow transplant. The marrow taken from the only sibling, a sister, did not match. The experts in the field have suggested looking for a donor among the general population in general and of Indian descent in particular.

Dr. Romesh Japra a well-known cardiologist of Punjabi descent took a leading role in spearheading the blood sampling drive in California. India Post, a well known weekly newspaper published simultaneously from California, Washington DC, Chicago, Atlanta and New York and television stations, all owned by Dr. Japra are giving extensive coverage to this event.

### Tracy

First such drive for Bone Marrow match was held at the Sant Nirankari Bhawan in Tracy on February 23. People from the surrounding towns started lining up at the Bhawan. Talking to one of the new arrivals at the Bhawan, Dr. Rai asked one Kuldip Singh of the nearby town of Manteca as to how he found out about this event. He said he read this in the newspaper, Tracy Press. He added "There is no better noble cause than being of some help to

a fellow human." He brought his entire family and registered for Bone marrow match search. The area Sikh and Hindu Temples have thrown their doors open volunteering their premises and management help in the noble cause.

The response from all the Sikh temples has been tremendous. During one of the conversations with the local Gurdwara Head Priest, a Nirankari member told him that the sick boy is a Nirankari. "We are all born as humans and saving a human life is our utmost duty. It has nothing to do with one's religion or belief," said Mr. Parwinder Singh, Head Priest of the Stockton Gurdwara, the oldest Sikh temple of North America. The management committee of the Stockton Gurdwara scheduled a drive on Sunday, March 23 at the Gurdwara.

### Students Join the Drive

A two-day blood and bone marrow drive was also conducted at the Berkley Campus of the University of California on Wednesday, March 12 and Thursday, March 13. It was largely attended by the student community.

### New York Metropolitan Area

A bone marrow registry drive was held on Sunday, April 6 at the Satsang Bhawan. The camp was set up in a room adjacent to the satsang hall and continued while the congregation was going on. The entire process was very orderly. The donors went into the registry area before entering the congregation hall. Seventy-two devotees from New York, New Jersey, Connecticut, and Pennsylvania were able to give blood samples and register for this noble cause. Many others were disappointed that

*Continued on page 9*



## Nirankari Bhawans in the United States and Canada: Part 1

*This is the first write-up in a series of articles about the Satsang Bhawans in the United States and Canada. In the next issue, there will be a write-up about the Toronto Satsang Bhawan.*

### Tracy Satsang Bhawan

The Nirankari Bhawan is located 60 miles North East of San Francisco, near the town of Tracy. The property was acquired in January 1992, but the Bhawan site was originally, and coincidentally, visited by Baba Gurbachan Singh Ji Maharaj in 1971, during his first salvation tour of North America. At that time, I had just finished my Doctorate degree at the University of Wyoming and come to California to receive Baba Ji and Pujya Rajmata Ji and assist them in their road travel in the US. While driving through the little town of Tracy, I asked Babaji's permission to appear for an interview with a large Agri. Business companies which was interested in hiring me. Babaji and party waited outside, standing under a tree while I was interviewing inside. Babaji admired the area and we left for onward journey. The site of the Tracy Bhawan is not far from where Babaji stood that day, though we did not know for a long time that a Bhawan would even exist for us anywhere in the West.

On the conclusion of Baba Ji's first

spiritual tour of the United States, I settled in this area. After acquisition of a 7 acre property of an old one-room school, the work was started in phases. In the first phase, the hall of the existing school was renovated and the sangats started. His Holiness Baba Hardev Singh Ji performed the opening on July 4, 1992.

Within a few years the attendance outgrew the available space in the hall and the planning for Phase 2 was started. More and more families started relocating in towns around the Bhawan. In the Spring of 1997 Rev. K.R. Chadha visited us and brought the final permission of His Holiness to go ahead and plan for the construction of a new prayer hall. The foundation stone of the new building under Phase 2 was laid down by His Holiness and Mata Sawinder Ji on June 7, 1998. The new building consists of 3100 sq. ft. main sanctuary seating over 300 people, four classrooms, a nursery, a spacious lobby, an office, reception, library, and restrooms. The Bhawan was nearing completion when Baba Ji paid another

visit in Summer of 1999.

In April 2000, His Holiness blessed that Rev. Daljit S. Lakha, a long-time resident of Bahrain be relocated to live at the Tracy Bhawan. Rev. Lakha brings us many years of Mission sewa experience done in Gulf countries. His wife and children have since joined him. His Holiness Babaji performed the opening ceremony on August 29, 2001. At the same time his Holiness blessed us to start building the residence as a part of the third phase. Phase 3 has recently been completed.

Plans are on the drawing board for Phase 4 which consists of laying out the playgrounds and landscaping. The proposed playgrounds will be a baseball diamond, basketball court, soccer or cricket field, tennis and badminton courts, etc.

Sunday services at the Bhawan are held from 11am to 1 pm and a mid-week Sangat is held on Wednesdays 7 to 9 pm. The Bhawan caters to the need of saints living in Northern and Central California as far as Yuba City up North and Fresno and Hanford down South.

—Dr. Iqbaljit S. Rai



# Guru Puja Divas

*Guru Puja Divas was celebrated at "every" center of the Mission in the United States and Canada.*

**Rev. S.S. Sandhu/Vancouver**

—Daljit Sidhu

**G**uru Puja Divas at Vancouver was celebrated on February 23, 2003. It started with a Sewa Dal Rally, followed by satsang at the Bhawan. Many saints from Abbotsford, Victoria, and Seattle participated. The Bhawan hall was full and beaming with saints offering congratulations at Guru Puja Divas, coinciding with the birthday of Baba Hardev Singh Ji.

Rev. Skattar Singh Sandhu, Parmukh Edmonton, and Vice-Presi-

dent Sant Nirankari Mission, Canada, very kindly came to chair this occasion. Rev. Sandhu who is also Member In-Charge Sewa Dal, Canada, explained the importance of the day and mentioned that for a saint, the Satguru is the supreme: "*Guru Brahma, Guru Vishnu, Guru*

*Dev Maheshawara, Guru aap Sakshat Nirankar.*" Satguru is the ocean of kindness and love and we are the recipients of his grace. His Divine guidance is a great treasure that enriches our life. We need to apply it in our life so that it becomes our way of life.



**Rev S.S. Bassan/Washington, DC**

—Ritika Thohan

**I**n Washington DC, the Guru Pooja Divas was celebrated with great vigor, joy and love. The celebrations started with the arrival of Reverend S.S. Bassan and Mrs. Bassan from Montreal, Canada on Friday February 21, 2003. Reverend Bassan, President of Sant Nirankari Mission, Canada, presided the Satsangs held on Friday, February 21 at Reverend Kamal and Maya Dadlani's residence, on Saturday, February 22nd at Reverend Bhushan and Anjali Khanna's residence, and on Sunday February 23rd at Reverend Surinder and Anju Bagai's residence.

The Sunday's program of Guru Pooja Divas started with a Sewadal rally, in which, about thirty Sewadal members performed exercises and Sewadal prayer, and they received blessings from Reverend Bassan Ji. Subsequently, the Satsang program started with the participation of

Washington DC's young saints who spoke on the life of His Holiness Baba Hardev Singh Ji, his accomplishments and his teachings to humanity.

Young saint, Loveena Gahunia, described the life story of His Holiness since his birth on February 23, 1954. She mentioned that Baba Ji's life was full of devotion, love, humility, sewa, simran and sangat and said that His Holiness started the Youth Forum in 1975 that has been very successful in bringing the Nirankari youth to the

forefront. Anshul Mohan Ji reminded us about the definition of a true Master. He told us that one who can lead us from untruth to the ultimate truth, from darkness to light, from mortality to immortality is the true Master and that is what Baba Ji is doing by giving us gyan. The Guru Pooja Divas Samagam was successfully concluded with the sacred langar for the saints and guests. The saints' happiness for their Master's birthday was reflecting through the glow on their faces.



# Guru Puja Divas

## Bhagat Kotu Mal Ji/Chicago

Rev. Kotumal Ji, popularly known as Bhagat Ji, a member of the executive committee of the Sant Nirankari Mission, arrived in Chicago on Feb 22, 2003. Besides several other congregations held in the area, Bhagat Ji presided at the Guru Pooja Divas on February 23.

The program started with a

sewadal rally. Addressing the saints at the rally Bhagat Ji said "Sewadal was started during the reigns of Satguru Baba Gurbachan Singh Ji. Sewa Dal is not a separate organization but it is a very important part of Sangat. Satguru is giving them strength to do sewa, and they must abide by the rules set by the local Parmukh.

The main Satsang followed the

rally. In his address Bhagat Kotu Mal ji said " Just by listening or reciting the holy scriptures, we cannot improve our life; it is possible only if we follow the advice given by those scriptures. After God-realization we, must leave our worries to Nirankar '*Jeewan da rath aine chalanai hai ase te kawal bahana hai.*' meaning if we leave our worries to Nirankar then our life will be like sitting in a chariot and giving the reigns to satguru.

In another Sangat Bhagat Ji advised the gathering not to expose the faults of others. The mirror is used to help us clear us from our flaws. Often, however, we use the mirror to show others their flaws. One should not try to expose the weakness of other saints. Instead we should pray for them.



## Toronto

A snow storm cannot stop the enthusiasm of devotees. Despite a heavy snow storm, the devotees gathered at the Toronto Satsang Bhawan in large numbers to participate in this special event. It was a highly successful event, a joyous celebration, and a memorable day. The



# Guru Puja Divas

devotees started arriving ahead of schedule. Following breakfast, a spirited group of volunteers took part in the Sewa Dal rally. There was an impressive show of Sewa Dal functioning, physical training, discipline, and dedication to the cause of the Mission. The rally was organized by Rev. Satnam Roopra, Rev. Harjinder Singh, Rev. Kuldip Paul Ji and colleagues. Rev. Sukhbir Shah Ji blessed the volunteers and the congregation and thanked the Satguru for his guidance and light which illumines our path in life.



## New York Metropolitan Area

—Mintoo Gill

Devotees from Pennsylvania, Connecticut, New Jersey and New York celebrated the Guru Puja Divas at the Satsang Bhawan in a well-attended congregation. The day started with a Sewa Dal rally in which more than 75 children and adult volunteers participated. It was followed by a special congregation during which there was a lot of joyous singing of devotional hymns. Many devotees spoke about the importance of the Satguru in our lives and expressed happiness at the Mission's decision to let us celebrate this day in such an organized manner. Addressing and blessing the congregation, Rev. Arun Ahluwalia, Parmukh, praised the enthusiasm of the devotees and eulogized the Satguru for filling our lives with peace, bliss, and happiness. In keeping with the tradition of distributing sweets on happy occasions, many devotees brought and shared sweets with their fellow devotees.



## OBITUARIES

### Rev. Ajaib Singh Ji

Rev. Ajaib Singh Ji, a distinguished missionary of the Sant Nirankari Mission and Member Incharge of Sewa Dal, Sarovar Complex, Agriculture, and Langar in the Executive Committee of the Sant Nirankari Mandal at its Headquarters in Delhi, left this mortal world and merged with the Almighty Nirankar eternally on January 5, 2003. The devotees in

North America remember his brief but memorable tour during which he addressed and blessed the congregations at most of the centers in USA and Canda.

### Mata Madan Kaur Ji

Rev. Madan Kaur Anand, popularly called Madan Mata Ji, the esteemed mother of Pujya Mata Sawinder Ji, passed away in Mumbai on January 26, 2003. The cremation took place in Mumbai. Thousands of Nirankari devotees attended the

funeral ceremony with a deep sense of reverence.

Rev. Madan Mata Ji had gone to Mumbai from Delhi to attend the 3-day 36th Annual Nirankari Sant Samagam of Maharashtra that began on January 25. Rev. Madan Mata Ji was a devoted missionary. She made significant contribution to the Mission in her own way.





## Bone Marrow Registry:

# Commendable Enthusiasm Transcending the Barriers of Faith

*Continued from page 4*

they did not meet the qualification criteria. Everyone, however, prayed for the young devotee.

### Other Scheduled Drives

Similar drives have been planned in Chicago, Toronto and many other areas in the United States and Canada. A drive will be held during the Manav Ekta Samagam in Los Angeles.



### You Can Help Save Lives

Should you be interested in organizing a drive in your area, please contact the editors.



### Media Coverage

The news media has been very responsive. The area radio and television stations run by Indians are regularly appealing and directing the prospective participants to the next scheduled blood sample drives.

*The Ajeet*, a Punjabi Weekly published from US and Canada carried a head line:

*"Ajit Wallon Zindgi Te Maut Naal Jujh Rahe  
Varinderpal Sandhu nu Wachoun di appeal"*

Some other newspapers reporting:

*"Saving a Life" Tracy Press, February 20*

*"Bone marrow Daani Dee Lorh" Indo Canadian  
Times International, March 6*

*"Community Organizes Bone Marrow Drive" India  
West, February 21*

*"Saving Sandhu" India Post, February 28*

*"Campaign to save Sandhu gathers momentum"  
India Post, March 7*

*"Northern California Holds Bone Marrow Drive"  
India West, March 14*

# YOU CAN HELP SAVE LIVES

# News

## Chicago Youth Present A Play "In Search of Peace"

—Suangana Kalra, Chicago

The Chicago chapter of the Nirankari Mission presented a play "In search of Peace" at a cultural program hosted by Mid-West Asian American Center. The play presented a dialogue between the Statue of Liberty (who had witnessed the ghastly tragedy of September 11 and a group of Nirankari devotees. The devotees highlighted the common message of love and peace as preached by diverse religions. They also talked about how the Nirankari Mission is pursuing the goal of establishing the brotherhood of man through the fatherhood of God.

Mrs. Vandana Dalal was the co-chair of this event. The program was hosted as a fundraising event for this not-for-profit organization which works for a variety of charitable causes like teaching adults English as a second language, helping with U.S. citizen exams, conducting field trips for the elderly, imparting computer education, helping adults with driving licenses, etc.

More than 250 people attended the event. Mr. Jessie White, Secretary of State for the State of Illinois, was the chief guest. Among the dignitaries who attended the event were: Mr. Surender Kumar, Consulate General of India for Chicago area and Mr. Brian Perryman, District Director for Immigration and Naturalization services. On behalf of the Sant Nirankari Mission, Suangana Kalra, Prashant Lande, Summit Puri, Ankit Raheja, Sunny Singh, and Nikita Raheja participated in the play, which was written and directed by Prashant Lande.



## Prof. Rajan Sachdeva Presides the New Year's Eve Satsang in DC

New Year's Eve is celebrated many different ways. Some go to the clubs or to parties getting a little fun for the moment. Then others go visit their family and friends, or stay at home to watch TV or see the ball drop at Times Square, New York. There is another way to bring in the new year with confidence and faith that it will be a great year. Sangat, the congregation of saints, is how the New Year's Eve was celebrated in Washington D.C. All the saints gathered at Reverend Surinder and Komal Ji's house around 7:00 pm. The langar was very nicely prepared and served to all the saints. Then the sangat started around 9:00 pm, and Reverend Rajinder Gahunia Ji moderated the program. Reverend Rajan Sachdeva Ji along with his wife, two daughters and son, Karuna Ji, Rachna Ji and Rishi Ji came all the way from Michigan to bless all the saints in Washington DC. In the discourse, Reverend Rajan Ji explained very beautifully that the New Year is for new hope and happiness which comes from the inside. We should have new resolutions in the New Year, and not look back to the old resolutions. One of our resolutions

should be to find out the real purpose of our life and why are we in this world. We are here in the company of saints with the purpose of learning the lesson of patience, love and kindness, and to overcome anger, hatred and jealousy. We need to have this resolution for our lifetime."

## Rev. Col. Mela Singh Conducts Sewa Dal Camps in New York and Michigan —Pradeep Chhabra and Vivek Sharma

More than 40 volunteers participated in the 2-day event held January 25-26, 2003 at the Satsang Bhawan in Ann Arbor, Michigan. Rev. Gobind Singh, Parmukh, appreciated the orderly manner in which the camp was conducted.

In a similar event held at the New York Metropolitan branch, more than 100 volunteers participated in the camp held March 15-16, 2003. Rev. Arun Ahluwalia addressed and blessed the volunteers and congratulated Col Singh for conducting a well-planned event in a very interesting format.

In both the locations, Col. Singh conducted activities for 2 full days. In a meeting of the Sewa Dal adhikaris (officebearers), Rev.

# News

Mela Singh gave an overview of the Sewa Dal guidelines. He also delivered very interesting and interactive presentations covering important topics, including Sewa Dal Mission Statement, Efficiency and Functioning of Sewa Dal, History of the Mission, Duties of Sewa Dal, and Importance of Staying Healthy Through Yoga. The enthusiasm of the volunteers was commendable.



## Nirankari Journal Recruits Reporters

New York Metropolitan Area: Pradeep Chhabra  
(Assistant Reporters: Vivek Sharma, Mintoo Gill)

Washington, DC: Rev. Dan Slebodnik  
(Assistant Reporters: Sapna Batra and Ritika Thohan)

Chicago, IL: Suangana Kalra

Toronto, Canada: Rev. Bachitter Singh

Montreal, Canada: Harjit Mudhar

# A Popular Song

## DIVINE SIMRAN

Chorus:  
Divine Simran  
Best Medicine  
Holy Nectar  
Tuhi Nirankar, Tuhi Nirankar (x2)

From shackles it will release you  
Misery and Death won't tease you  
Live as a Saint Householder  
Pleasures will then really please you  
Ah, ah-ah-ah, ah-ah-ah, ah-ah-ah

Jew and Christian  
Hindu and Muslim  
We all family are  
Tuhi Nirankar, Tuhi Nirankar (x2)

Chorus:  
Proletariat and bourgeois  
People of science, art, etcetera  
Baba Hardev will show you  
What is illusion and what Allah  
Ah, ah-ah-ah, ah-ah-ah, ah-ah-ah

Oh American  
Israeli and Palestinian  
No need of any war  
Tuhi Nirankar, Tuhi Nirankar (x2)

Chorus:  
Verily, verily I say unto you  
And what I say, you will surely say, too  
I dwell in God Almighty  
Hardev is the door I have entered through  
Ah, ah-ah-ah, ah-ah-ah, ah-ah-ah

God is here  
Gdd is oh so near  
God is never far  
Tuhi Nirankar, Tuhi Nirankar (x2)

*Robin Mallor, Michigan*

# Manav Ekta Samagams

## USA

Date	Venue	Areas to Cover	Presided By
April 26-27, 2003	Los Angeles	California, Nevada, Colorado, Arizona, etc.	Rev. K.R. Chadha
April 26-27, 2003	New York	Georgia, New York, New Jersey, North Carolina, etc.	Rev. Sukhbir S. Shah
April 26-27, 2003	Chicago	Illinois, St. Louis, Michigan, Wisconsin, Milwaukee, etc.	Rev. S.S. Bassan

## Canada

Date	Venue	Areas to Cover	Presided By
April 19-20, 2003	Ottawa	Windsor, Ontario, Quebec, etc	Rev. K.R. Chadha
April 26-27, 2003	Edmonton	British Columbia, Alberta, Manitoba, etc.	Rev. Prof. J.S. Puri

## Rev. Bhagat Ji Visit



Pennsylvania



New Jersey

### Rev. Skattar Sandhu Receives Commemorative Medal for the Queen's Golden Jubilee

Commemorative medals are minted to mark important anniversaries and special occasions in history. In keeping with this tradition, the medal is awarded to individuals who have made significant contribution to their fellow citizens, their community, or to Canada. Rev. Sandhu has been chosen to receive this special honor. Congratulations to our fellow-devotee for receiving this very special award which recognizes him as a distinguished public servant.

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**Note to contributors: Please submit your writings electronically, via e-mail to amadhok@medispin.com. Submission deadline is July 10, 2003**