

Love All, Serve All @Atlanta Heart Walk, Sept. 28th By The Sathya Sai Baba Center of Atlanta



Every year, the American Heart Association hosts a 5k walk/run in Atlanta to bring awareness about the importance of heart health. The Sathya Sai Baba Center of Atlanta took on the initiative to volunteer at this event which draws several thousand people to downtown Atlanta. As part of our offering to Swami for Ladies Day, a few dozen ladies, gents and children gathered before dawn at the event to be assigned responsibilities. Each of us, in our Love All Serve All t-shirts, were ready to be of service. We were assigned to distribute water to walkers, to direct walkers throughout downtown Atlanta, to teach participants about healthy eating and to share snacks with those who finished the walk/run. While we all thoroughly enjoyed our time at the event, we left with some learnings of our own which can be applied everywhere. Our communities receive Swami's love through us as His instruments. The service we offered in all the actions mentioned was really about love & we felt and knew that through the interactions and comments we received from the organizers. Swami also showed us how important our other Center service activities are, as there was a leader from the American Heart Association who was very glad to hear the type of breakfast we serve to the homeless across multiple shelters in the city which provides nutrition they may not always get. And lastly, many of us walked away learning CPR, which is a skill can that can save a majority of people during a heart attack.

Being part of a large community event to emphasize the importance of heart health and to represent the Sai organization was a blessing and every participant was grateful for the opportunity.











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Sathya Sai Baba