

Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations



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September/October 1981

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**MEDITATION
AT THE
UNITED NATIONS**

**MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS**

Since January, 1973, Sri Chinmoy Meditation at the United Nations has published the monthly bulletin, *Meditation at the United Nations*. This publication offers a basic introduction to meditation techniques and spirituality through questions and answers and lectures, and also reviews the Group's activities. Profits from the sale of this bulletin are donated to UNICEF.

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SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

United Nations:



the Heart-Home
of the World-Body

WE BELIEVE and we hold that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity.

(3)

EDITOR'S NOTE

Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents, who believe that inner reflection and meditation can bring us in touch with the founding spirit of the United Nations and inspire renewed dedication to its ideals.

The main focus of our activities, both in New York and in Geneva, is our twice-weekly meditations, which provide an opportunity for quiet, spiritual renewal in an atmosphere reflective of the highest purposes of the world organisation. In addition, through an ongoing series of conferences and symposia, we provide forums where ambassadors, Secretariat officials and staff, religious leaders and other world-minded individuals can share and reinforce their spiritual vision for the United Nations.

The Meditation Group was founded in 1970, when interested staff members invited the distinguished spiritual leader Sri Chinmoy to conduct non-denominational meditations at New York Headquarters. Since then, the Group's membership has grown considerably and its expanded activities have been warmly received by the U.N. community.

September/October 1981

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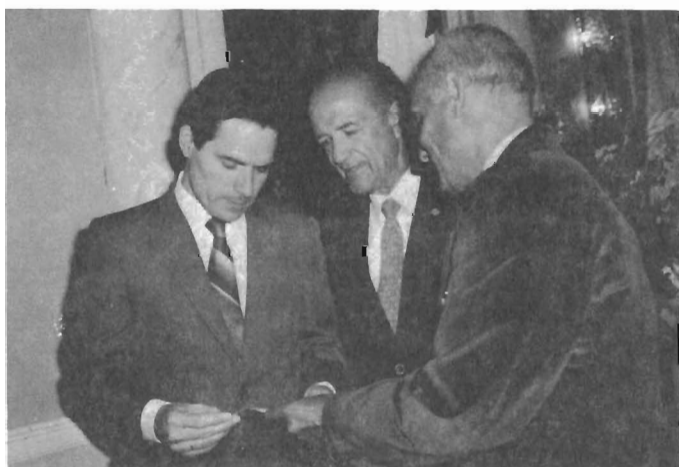
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MEETING WITH THE PRESIDENT OF PANAMA

President Aristides Royo of Panama visited New York on 29 and 30 September to address the General Assembly of the United Nations. During a reception hosted by the President in honour of Secretary-General Kurt Waldheim, Sri Chinmoy had the opportunity to thank the President for having given him Panama's highest decoration, the Order of Balboa. Sri Chinmoy also gave the President a copy of a song which he had composed in the President's honour. Deeply moved, President Royo requested some of the meditation group singers who were attending the reception to perform the song. After the impromptu performance, the President said to Sri Chinmoy: "Thank you very much for this song. This is the most beautiful gift that I have received here in New York."



Above: President Royo of Panama greets Sri Chinmoy at the Panama State reception on 30 September 1981, as Foreign Minister Illueca looks on. Below: Sri Chinmoy presents the President with a copy of the song he had written in the President's honour.



PRESIDENT ROYO: A VISION-SUN

Words and Music
By Sri Chinmoy

The musical score is written on a single treble clef staff in a key signature of three flats (B-flat, E-flat, A-flat) and a common time signature. The melody is simple and repetitive, with lyrics placed below the notes. The score ends with a double bar line and a repeat sign, followed by the instruction 'D.C. al fine with repeat'. The word 'fine' is written above the final measure.

fine

Pre - si - dent Roy - o, O
pin - na - cle pride of Pa - - - na - - - ma!
A vi - - sion - sun in
God's Cos - - - mic Dra - - - ma.
O swift - - - est deer - speed,
O bra - - - vest li - - on - strength!
Yours is the heart of
bound - less one - ness - length.

D.C. al fine
with repeat

President Royo, O pinnacle-pride of Panama!
A vision-sun in God's Cosmic Drama.
O swiftest deer-speed, O bravest lion-strength!
Yours is the heart of boundless oneness-length

A BIRTHDAY CELEBRATION FOR FOREIGN MINISTER ILLUECA

Members of the meditation group joined Foreign Minister Illueca of Panama and his family at the Panama Mission for a birthday celebration on 17 September 1981. As an expression of his friendship, Sri Chinmoy presented the Foreign Minister with a bouquet of flowers and a cake with Dr. Illueca's portrait etched in icing. While serving as his country's Permanent Representative to the United Nations, Dr. Illueca offered his strong support for the activities of the meditation group. Following are excerpts from the conversation on that occasion.

Sri Chinmoy: My heart of love and my soul of oneness forever and forever are with you. Also, I pray to the Absolute Supreme on this most auspicious day to grant you His infinite Love and His infinite Blessings so that you can fulfil your mission most satisfactorily, as you have been doing all along, not only for your country but also for the entire humanity. To me you are most precious, for you have pleased your Inner Pilot. This is the goal of all human beings. We are all aiming at the self-same goal, the goal that you have already reached. We are all trying to please the Heavenly Father, which is what you have already done so soulfully, powerfully and perfectly.

Dr. Illueca: You are overwhelming me. When I am with you, I have another personality. I don't have enough words to express my gratitude and appreciation. In fact, I feel with all humility that I don't deserve the feelings and kind of friendship and affection that you have given me. I hope that the Supreme Being will give me the opportunity to do something really meaningful.

Sri Chinmoy: My students and I will always be grateful to Panama. Panama is the pioneer country in giving me this kind of award. We are especially grateful to you because it is you who represent Panama—the soul and the body of Panama. So for us it is your kindness and oneness that have come forward to appreciate us and what little we do for mankind. This appreciation we take as a blessingful gift, and with this gift we shall try to continue our journey. You have truly helped us considerably in the little effort for peace that we have been making in the world with our prayers and meditations. Your oneness with our aspiration has helped us and will continue to help us beyond your imagination.

It is our greatest joy and honour that you have appreciated—not only appreciated but also increased—our capacity at the United Nations. Our soulful capacity has been increased enormously by your constant support and guidance in so many ways. In the United Nations you are one of our strongest supporters. In the inner world we feel your strong support, and in the outer world we see it in all the activities that we do for the United Nations. In you we have found a true spiritual brother—a brother of fondness, a brother who has the illumination to guide his other brothers and

sisters. My heart's feeling I am unable to express through mere words. My heart knows, my heart feels and my heart is able to express only in silence how deeply my students and I are grateful to you.

Dr. Illueca: You know that perhaps due to the good thoughts of you, Sri Chinmoy, and our dear friends in the meditation group, we were successful in getting elected to the vice-presidency of the General Assembly. Panama is one of the three Latin American countries to have the post of Vice-President of the General Assembly during the thirty-sixth session.

The Foreign Minister then gave Sri Chinmoy and each member of the meditation group present a flower, remarking with a smile: I feel that giving a rose or a flower is like bringing out our inner feelings. This is something I have learned from you.

Later the Foreign Minister explained the history of the Order of Balboa: In 1513 Balboa discovered the Pacific Ocean after crossing Panama, and the award that we gave Sri Chinmoy is in honour of the discovery of the Pacific Ocean. The same ocean also borders Japan and China in the Far East. Because of this interesting background we thought that, with his universal view of Panama, it was appropriate to give Sri Chinmoy the award. The Panama Canal has been in operation since the early part of this century. But it was Vasco Nunez de Balboa who made it very clear to the Spanish kings that this kind of passageway across Panama was the logical way to go from one ocean to another.

The Order of Balboa was established in the 1940s. It was granted to Sri Chinmoy with the

same degree of Great Cross that is given to heads of diplomatic missions and Ambassadors. We wanted to honour him and we do hope that it will have a special meaning to him.



Sri Chinmoy expresses his gratitude to Dr. Illueca when members of the meditation group joined with Dr. Illueca and his family at the Panama Mission to celebrate the Foreign Minister's birthday on 17 September 1981.

SPECIAL PRAYER SERVICE
FOR PRESIDENT ANWAR EL SADAT



A prayer service for President Anwar El Sadat of Egypt was held by the meditation group in the Dag Hammarskjold Auditorium at United Nations Headquarters on 6 October 1981, following the tragic news of the assassination attempt against this great peacemaker. Participants included Mr. Mohamed Talaat S. Khalil of the Egyptian Mission to the United Nations; Mr. Robert Muller, Secretary of the Economic and Social Council and Mr. Donald Keys, President of Planetary Citizens. Excerpts from the ceremony, as well as a tribute song to President Sadat written by Sri Chinmoy on 10 October, were later sent to Mrs. Sadat as expressions of the meditation group's sympathy.



After a silent meditation on a photograph of President Sadat, Sri Chinmoy opened the ceremony with the following prayer: May we all most soulfully pray for the mortal body and the immortal soul of President Sadat. He is at once Divinity's choicest instrument and humanity's brightest hope in the political firmament of today's world. His earthly frame, the cage, may no longer remain with us. But his heavenly soul, the bird, will remain with us here until it inundates the length and breadth of the world with peace, peace, peace.



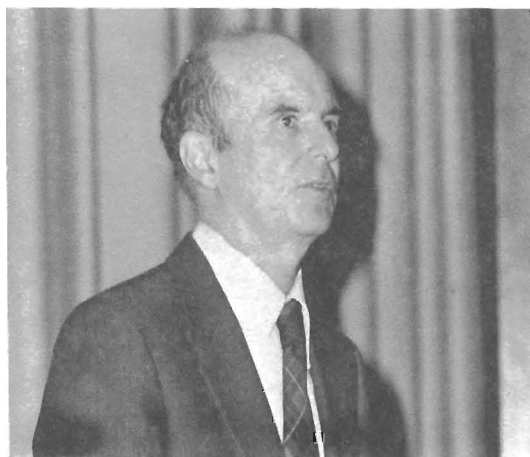
Mr. Mohamed Talaat S. Khalil, Permanent Mission of Egypt to the United Nations: Thank you very much for this ceremony and for your general feelings here. I have just come from the Mission, which has been in touch with Cairo, and nothing has been confirmed. Probably any confirmation will come in the afternoon. But for the time being, we all have to pray for the man who tried to build peace in the Middle East and in the world. May God prevent any harm from coming to him.



Mr. Robert Muller, Secretary, United Nations Economic and Social Council: Dear friends, we are all very grateful to Sri Chinmoy for having arranged on such short notice this moment of prayer for President Sadat. It is fitting that whenever such an act of violence occurs in the world, the United Nations should take notice and recollect and reflect on the consequences.

If President Sadat should die from this act of terrorism today, his memory will certainly not die in the years to come. He will be even more alive in the spirit of all people. He will be one more important example of the courage one has to have if one fights for peace. From such an example, we can all draw only one lesson, and that is not to be discouraged, not to feel that the forces of evil are winning. On the contrary, we must assert the force of good which is in the large majority of people on this planet. We must draw one conclusion: to work even harder to eliminate and to eradicate from this beautiful planet whatever is representative of the forces of evil. We must feel more confident, we

must feel more obligated to work harder tomorrow after an event like this one, of which we have been informed today. This is what God expects of us: to be His disciples during every moment of our days, to continue the age-old battle between evil and good until the forces of good permanently and finally prevail on this planet, as they will do.



Mr. Donald Keys, President, Planetary Citizens:
There is very little to be added to what has been said. Perhaps I can speak briefly as a representative of one of the non-governmental organisations associated with the United Nations. Many of us are devoting our lives in little ways to peacemaking. We have seen time and time again that the hours available to peacemakers are limited—not limited so much by assassins' bullets as by humanity's response. Those who try for peace, who try to lead toward peace, can make gains, but for those gains to be deepened and completed requires a fuller human response.

There is on the walls of this building a bronze or copper replica of a treaty in cuneiform writing, a peace treaty between the Hittites and Egypt many thousands of years ago. And we see that humanity still is struggling to find the way, struggling to live together in peace. It is one thing to hear the words of peace, to be told the ways of peace, and it is another thing for humans to reorient their lives, to change and to grow, so that peace may find a place to descend and the means to persist.

When a peacemaker dies, it is as though something is released and becomes universal within our experience which previously was specific and confined, so that even in that moment it seeds the human consciousness and portends a brighter future yet to come.

* * *

Nobody has cared for world peace as the Egyptian leader whom we have lost. To him world peace was not a matter of mere lip service, but rather a spontaneous and sleepless psychic reality.

— *Sri Chinmoy*
10 October 1981

O HEART'S ONENESS-CRY!

The musical score is written in a single system with ten staves. The key signature has three flats (B-flat, E-flat, A-flat) and the time signature is 3/4. The melody is in the treble clef. The lyrics are written below the notes. The score includes various musical notations such as slurs, accents, and repeat signs. The final measure of the last staff is marked 'D.C. al fine with repeat'.

So - dat, Sa - dat, Sa - dat, Sa - dat, Sa-dat! fine

O heart's one-ness-cry,

O life's ful-ness-hat,

O good lo-ver of God,

O swift lift-er of man!

Brave-ly you fought, lo-ving-ly you caught,

A-ma-zing-ly the Dream of world

-peace you ran. D.C. al fine
with repeat

Sadat, Sadat, Sadat, Sadat, Sadat!
 O heart's oneness-cry, O life's fulness-hat,
 O good lover of God, O swift lifter of man!
 Bravely you fought,
 Lovingly you caught,
 Amazingly the Dream of world-peace you ran

U.N. DAY OBSERVANCE

The meditation group observed United Nations Day with a programme in the Dag Hammarskjold Auditorium at U.N. Headquarters on 23 October. Guest speaker was H.E. Sra. Julia Tavares de Alvarez, Alternate Representative of the Dominican Republic to the United Nations.

The meditation group singers also performed seven Bengali songs dedicated to the United Nations, which were composed by Sri Chinmoy especially in honour of U.N. Day.

Following are excerpts from Ambassador Alvarez's remarks as well as a transcript of the songs. (English translations of the Bengali poems, set to music by Sri Chinmoy, will appear in a future issue.)



H.E. Sra. Julia Tavares de Alvarez, Alternate Representative of the Dominican Republic to the United Nations: Our world today looks to the United Nations to guide it to higher ideals and realities. This world organisation has the responsibility of cultivating an eagerness in humanity to work towards peace and world harmony. When we as individuals feel the necessity of this, we are fulfilling the inner role of the United Nations. We become aware of what one as an individual and what one as a nation has to do. The inner role of the United Nations is to reflect inwardly on its unique and perfecting qualities and to fulfil outwardly the expectations and duties that the world has entrusted to it. These principles are clearly stated in the foresighted United Nations Charter.

In every project and task undertaken by the United Nations it is important to know and feel that it is for the express progress of the world that the duty is performed. It is also in this way that member nations can feel that they are fulfilling their ordained tasks. It is in the hearts of all that the perfection of the United Nations ideals should be applied. When this becomes the case, we will see the realisation of our highest hopes and the reigning of peace and international solidarity.

Let us, the nations of this world, unite, join hands and hearts and minds. Let us ask the Lord, our God, for strength, for wisdom, and most of all for faith, that nations may all work as one until they make a family of man. Let us humbly ask God to make this dream a reality.

SEVEN SONGS FOR UNITED NATIONS DAY

Sri Chinmoy wrote the following seven Bengali songs in honour of U.N. Day, 24 October 1981, the United Nations thirty-sixth anniversary.

1. UNITED NATIONS TUMI DHARANIR

United Nations, United Nations!
 Tumi dharanir sarbottam asha
 Ek deha pran man hiya bhalobasa

(♩ = 126) Moderately fast

Words and Music
 By Sri Chinmoy

fine

U - ni - - - ted Na - tions, Na - tions!

[A] Tu - mi dha - ra - nir sar - - - - bo - - - -

- ttam _____ a - - - - sha _____

Ek de - ha pran man _ hi - ya bha - lo -

ba - - - - - sa ba - sa [B]

(sing A-B once with repeats,
 once without repeats, then
 D.C. al fine with repeat)

2. UNITED NATIONS TOMARE JE NAHI CHAHE

United Nations, United Nations!

Tomare je nahi chahe

Ama joy se je gahe

Tomare je rakhe dure

Thake ashanti pure

Words and Music
By Sri Chinmoy

fine

♩ = 100 Moderate

U - ni - ted Na - tions! U - ni - ted Na - tions!

[A] To - ma - re je na - hi cha - he

A - ma joy se je ga - he (Sing A-B once with repeats, once without repeats) [B]

[C] To - ma re je ra - khe du - - - re

du - - - re Tha - ke a - shan - ti

pu - - - - - re pu - - - - - re [D]

(sing C-D once with repeats, once without repeats, then D.C. al fine)

3. UNITED NATIONS EKATA SWAPAN

United Nations, United Nations!
Ekata swapan shakti tapan
Ananda bichi mala
Hriday karichi ala

Words and Music
By Sri Chinmoy

(♩ = 120) Moderately fast

The musical score is written in G major (one sharp) and 4/4 time. It consists of five staves of music. The first staff begins with a treble clef, a key signature of one sharp (F#), and a tempo marking of '(♩ = 120) Moderately fast'. The melody starts with a quarter note G4, followed by quarter notes A4, B4, C5, and a dotted quarter note B4. The lyrics 'U - ni - ted Na - tions! U - ni - ted Na - tions!' are written below the notes. The second staff continues the melody with a quarter note G4, quarter notes A4, B4, C5, and a dotted quarter note B4. The lyrics 'E - ka - ta swa - pan shak - ti ta - pan' are written below. The third staff starts with a repeat sign, followed by quarter notes G4, A4, B4, C5, and a dotted quarter note B4. The lyrics 'A - - nan - da bi - chi ma - la' are written below. The fourth staff continues with a quarter note G4, quarter notes A4, B4, C5, and a dotted quarter note B4. The lyrics 'Hri-day ka - ri - che a - - - la' are written below. The fifth staff is empty, with the instruction '(sing A-B once with repeats, once without repeats, then D.C. al fine)' written to its right. The word 'fine' is written at the end of the first staff.

U - ni - ted Na - tions! U - ni - ted Na - tions!

{A} E - ka - ta swa - pan shak - ti ta - pan

A - - nan - da bi - chi ma - la

Hri-day ka - ri - che a - - - la [B]

(sing A-B once with repeats,
once without repeats, then
D.C. al fine)

4. UNITED NATIONS TIYASHA GABHIR

United Nations, United Nations!

Tiyasha gabhir shantir nir

Hasi nirjhar abhoy amar

Paramer hema dipti

Paramer sudha tripti

Words and Music
By Sri Chinmoy

(♩ = 116) Moderately fast

U - ni - ted Na - tions! fine

[A] Ti - ya - sha ga - bhir shan - tir nir

[B] Ha - su nir - jhar a - bhoy a - mar (Sing A-B once with repeats once without repeats)

[C] Pa - ra - mer he - ma dip - - ti

[D] Pa - ra - mer su - dha trip - - - ti (sing C-D once with repeats, once without repeats, then D.C. al fine with repeat)

5. UNITED NATIONS HETHAI HOTHAI

United Nations, United Nations!
Hethai hothai hiya anginai
Ek prem bandhan
Samyer priti oikyer giti
Madhurima nartan

Words and Music
 By Sri Chinmoy
 fine

$\text{♩} = 126$ Moderately fast

U - ni - ted Na - - - - - tions!

[A] He - tai ho - tai hi - ya an - gi - nai

Ek prem ban - - - - - dhan [B]

[C] Sam - yer pri - ti oik - yer gi - ti

Ma - dhu - ri - ma nar - - - - - tan [D]

(Sing A-B once with repeats, once without repeats)

(Sing C-D once with repeats, once without repeats, then D.C. al fine with repeat)

6. UNITED NATIONS BISHWASE ASHWAS

United Nations, United Nations!

Bishwase ashwas

Ashwase nishas

Nishase abhinash

Bhashar joar ashar pathar

Nahi moha pas

Nahe keha das

*Sure sure ulla*s

Words and Music
By Sri Chinmoy
fine

(♩ = 132) Fast

U - ni - ted Na - - - - - tions!

[A] Bi - shwa - se a - shwas a - shwa - se ni - shas

ni - sha - se a - - - - - bhi - nash

Dha - shar jo - ar a - shar pa - thar [B] (sing A-B once with repeats, once without repeats)

[C] Na - hi mo - ha pas na - he ke - ha das

Su - re su - re ui - - - - - las [D] (sing C-D once with repeats, once without repeats, then D.C. al fine with repeat)

7. UNITED NATIONS TOMARE JE KARE UPAHAS

United Nations, United Nations!
 Tomare je kare upahas
 Tar habe druta gati nash
 Tomare je bhabe chira apantar jan
 Se paibe shudhu dhara adharar dhan

Words and Music
 By Sri Chinmoy
fine

(♩ = 120) Moderately fast

U - ni - ted Na - - - - - tions!

[A] To - ma - re je ka - re u - pa - has

Tar ha - be dru - ta ga - ti nash

[B] (sing A-B once with, once without repeats)

[C] To - ma - re je bha - be chi - ra

a - pa - nar jan

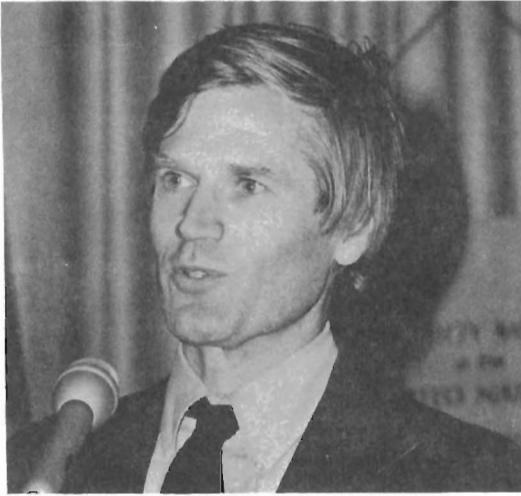
Se pa - i - be shu - dhu dha - ra a - dha - rar

dhan [D] (sing C-D once with repeats, once without repeats, then D.C. al fine with repeat)

UNIVERSAL CHILDREN'S DAY CELEBRATED

Universal Children's Day was marked by the meditation group on 29 October 1981 with a programme featuring Mr. Nicholas van Oudenhoven, UNICEF Development Education Officer, whose talk was entitled "Inward and Outward: Sharing Some Questions on Development Education." The programme also included the viewing of the film A Tough Place to Play, the first in a series of UNICEF Development Education films, as well as the performance by the meditation group singers of songs dedicated to UNICEF and Children's Day. A special guest at the programme was Mrs. Joan Bel Geddes, who is responsible for formulating the Universal Children's Day Kit, and who for many years has served as Chief of the Editorial and Publications Service of UNICEF.

Excerpts from Mr. van Oudenhoven's remarks follow.



Mr. Nicholas van Oudenhoven, Development Education Officer, UNICEF: Many concepts in social science change over the course of time. Until the mid-sixties the problems of developing nations were looked upon in a very specific light. Countries were underdeveloped for reasons of climate or because of their colonial past. Only a very, very few people were courageous enough to realise that underdevelopment has its roots in the so-called developed world. This is a whole new, different sort of picture. If this is to say that what we see in Asia, in Africa or Latin America is not so much related to their climate or their history, but to a greater extent is related to how we live in the so-called developed world, then it may be time to reverse the approach. Instead of sending massive funds to those countries or sending experts, maybe it would be better to look inside our own countries a little bit. That is why I chose the title of my talk today, in an oblique reference to one of Sri Chinmoy's poems, "Inward, Outward." It's time to look inward again. That is what development education

is—an effort to change the conditions, situations and attitudes of people in the so-called developed world in order to bring about change in the developing world. The main idea behind it is interdependence.

Now, what does UNICEF have to do with development education? There are three legitimate reasons why we are involved. First of all, we are more and more becoming an international organisation which is able to present an international forum of ideas as well as an interpretation of development. The second reason why we are involved is that we are moving into a position where we can provide the public with information on the conditions of children in the developing world. The third reason is that because we are in close contact with so many developing nations and the problems of their children, we can keep on expressing concern—we can tell everyone that what they are doing is important and keep them committed to it. This is not only a technical thing, but a moral, emotional sort of thing as well.

What exactly is development education for UNICEF? What we try to do is basically simple. We have, in most so-called developed countries, National Committees for UNICEF, which try to get involved with educational systems, formal or informal—in schools, youth groups, children's magazines, TV, etc.—so that information on children in the third world countries gets into those systems. We have worked to accomplish that for a couple of years and it is now taking off in Japan, Australia and Western Europe.

But there is something more important that I would like to discuss with you. If you go to any school in the United States, Western Europe or

even Japan, you will see that there is an abundance of information, and yet the children know so little. How is it that these children don't reach out to this information, are not interested in it? This is a fundamental education question that makes us look inward again. I don't think it is an information problem, but a question of the development of pro-social behaviour as opposed to anti-social behaviour. Pro-social children are those that have a definite interest in others, who like to put an effort into helping others, who are going to identify with those who are slightly different than themselves. If we compare children who can be called pro-social and anti-social children, you will see remarkable things in their background. For example, pro-social children often have worked with adults, older siblings or older people in their neighbourhood. Anti-social children are more raised by their peers. More and more children are getting educated by their peers, which is a very dangerous thing for human development.

There is a tremendous pressure on organisations such as UNICEF not to tackle these questions, but to give more information, more films, wallcharts and things like that. I feel it is much more incumbent upon us to say, "All right, but first let's have our educational system right. Let the children play a major role in their environment. Let them interact with the elderly, the handicapped. Let them act out their feelings. Get them away from TV and involved in their own situation." As a result they will be able to build social behaviour and be able to relate to the children of the developing world and, as a result of all this, become able to really process the relevant information in their environment.



Sri Chinmoy thanks special guests Mr. Nicholas van Oudenhoven and Mrs. Joan Bel Geddes.



UNICEF

UNITED NATIONS CHILDREN'S FUND · FONDS DES NATIONS UNIES POUR L'ENFANCE
UNITED NATIONS, NEW YORK

30 October 1981

Dear Kevin,

Thank you for the kind hospitality Sri Chinmoy, you and all the others extended to me yesterday.

Your interest and friendship were definitely touchable and moved me deeply.

I was particularly impressed by the way you gave extra depth and meaning to the celebration of Universal Children's Day. It gave me the fresh fillip I needed badly.

You know, of course, that developing nations are often described as the 'cultures of silence' meaning that the poor hardly have a chance to speak out or to get their concerns and ideas known. When I spoke yesterday, I had the strong feeling of being their proxy, not because of my rather piddling eloquence, but foremost because of the way you were such active listeners.

I have just seen wonderful Joan Bel Geddes' letter to you. I will join her in her hopes that you will continue your good efforts.

Please send my regards to Sri Chinmoy and all his disciples.

Yours sincerely,

Nico van Oudenhoven
Development Education Officer

Sri Chinmoy Meditation at the United Nations
c/o
Mr. A.K. Keefe
Room A 6242
UNICEF
New York, New York



UNICEF

UNITED NATIONS CHILDREN'S FUND • FONDS DES NATIONS UNIES POUR L'ENFANCE

UNITED NATIONS, NEW YORK

October 29, 1981

Sri Chinmoy Meditation at the United Nations
c/o Chetana Hein
Room A-1508
UNICEF
New York City 10017

Dear Chetana, Linda, Kevin and all the rest of you:

I want to thank you all very much for inviting me to your Universal Children's Day observance.

It made me so happy to see that this occasion -- which, when it was launched 28 years ago, only involved people in 40 countries -- has become an established annual event involving people in 145 countries and, specifically, involving people like you. The spiritual oneness which you both exemplify and embody is the whole point of Universal Children's Day. At its most trivial (even there, it serves a pleasant purpose) the day is simply an occasion for some kind-hearted adults to give a few children an especially happy day, but at its richest it is what you are making of it: a time for meditation on humanity's oneness and on our obligations to the next generation and on humanity's potential to be better and more and more loving.

I enjoyed your lovely singing and Nico's interesting talk and the film about children in Latin America, and of course was especially happy to see among you people whom I know, admire and love at UNICEF -- who represent the very best that UNICEF is or hopes to be.

I marvel at your dedication and perseverance in idealism even in a period of history when so many people are dismayed, discouraged and cynical. I pray that you will keep it up!

Again, thank you for letting me share this hour with you.

Sincerely,

Joan Bel Geddes

P.S. Also, thank you for the beautiful flowers!

ONE-MILE FUN RUNS FOR THE UNITED NATIONS

The second series of one-mile fun runs sponsored by the meditation group for members of the United Nations community was held on 2 and 4 October 1981. A race for the Security and Safety Service was held on Friday, 2 October in the morning, followed by a race for United Nations and mission staff during lunch hour the same day. A race for delegates and their spouses and two races for children were held on Sunday morning, 4 October.

A lively, determined and good natured competitive effort brought first place for fastest team in the staff race to the Office of General Services. Martin Bentz led OGS to their winning position with a mile time of 4:53—with which he captured first place over-all in the men's division. Other members of the OGS team were Mark Antony, Danny Tuohy, Gordon Cousineau, Philip Ceella and Mary Murphy.

Second-place team prize went to the Centre on Transnational Corporations (UNCTC), led by a strong third-place finish over-all (5:18) by Mark Michigan. Third team prize was taken by the Mission of the Federal Republic of Germany.

Viviane Pliner (DIEC), captured first place for the women with a time of 6:19. Anjali Peck (DIESA/PPC) (7:27) received second prize and

Mary Murphy (OGS) captured third with a time of 7:39.

Second man over-all was Ken Peck (DIESA/DRPA) with a time of 5:12.

First place for the Security and Safety Service went to William C. Alcaide.

First place for delegates was awarded to Ambassador Hamilton Whyte, Deputy Permanent Representative of the United Kingdom of Great Britain and Northern Ireland to the United Nations, with a time of 6:29.

The fastest time in the children's division, 5:49, was clocked by Gabriel Sylla of Senegal, age 16. A complete list of the results follows.



Participants pose for a group shot.

SECURITY AND SAFETY SERVICE

1. William Alcaide, 32 (6:54)

SECRETARIAT AND MISSION STAFF (MEN)

1. Martin Bentz, 32, OGS (4:53)
2. Ken Peck, 29, DIESA (5:12)
3. Mark Michigan, 20, UNCTC (5:18)
4. Robert Zimmerman, 42, US Mission (5:29)
5. D. Baron, 22, FRG Mission (5:30)
6. Anil Mohan, 24, UNDP, (5:39)
7. Trevor Smith, 35, DCS (5:48)



Members of the first place team, OGS, display their trophy.

8. Michael Schaefer, 32, FRG Mission (5:50)
9. Stefano Stefanini, 33, Italian Mission (5:51)
10. Mark Anthony, 23, OGS (5:55)
11. Ulrich Sante, 23, UNCTC (5:56)
12. Sergio Oddo, 31, Italian Mission (5:59)
13. Danny Tuohy, 30, OGS (5:59)
14. Anton Pfeffer, 27, UNCTC (6:11)
15. Guido Bertucci, 33, OFS (6:13)
16. Gordon Cousineau, 35, OGS (6:15)
17. Warwick Sturt, 43, OFS (6:20)
18. Sab Koide, 57, Population Council (6:25)
19. Vijay Dhar, DIESA (6:26)
20. Ed Kenny, 48, UNICEF (6:27)
21. August Adam, 52, FRG Mission (6:37)

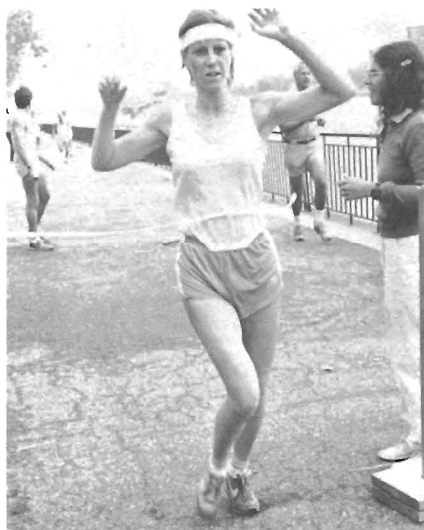


William C. Alcaide of the Security and Safety Service receives his award.

25. Philip Ceella, 51, OGS (7:00)
26. Carl Gray, 32, DIESA (7:07)
27. Rolf Freiberg, 33, UNCTC (7:13)
28. Tony Mercusa, 48, Italian Mission (7:37)
29. G. Padmanabhan, 48, UNDP (7:58)
30. Sam Jan, DIESA (8:41)
31. Abraham Gonzales, 35, OFS (8:51)

*SECRETARIAT AND MISSION STAFF
(WOMEN)*

1. Viviane Pliner, 27, DIEC (6:19)
2. Anjali Peck, 27, DIESA (7:27)
3. Mary Murphy, 20, OGS (7:39)
4. Pritha Muthana, 25, UNCTC (8:02)
5. Nancy Fertally, 22, UNICEF (8:33)
6. Linda Ruettiger, 22, UNCTC (12:41)



The first woman, Viviane Pliner, crosses the finish line.

DELEGATES (MEN)

1. Hamilton Whyte, 54, United Kingdom (6:29)
2. Raul Ricardes, 36, Argentina (6:45)
3. Peter Maynard, 30, The Bahamas (7:15)
4. Mohamed S. El-Banhawi, 46, Egypt (9:21)

CHILDREN 11-18 (BOYS)

1. Gabriel Sylla, 16, Senegal (5:49)
2. Alejandro Novell, 15, DCS (6:17)
3. Freddy Carillo, 14, PATD (6:44)
4. Gerard Maynard, 11, The Bahamas (9:01)

CHILDREN 11-18 (GIRLS)

1. Mira Burnstan, 13, UNDP (6:51)
2. Shiva Gereade, 11, OPS (6:51)
3. Amal Gadel Hak, 12, Egypt (11:43)

CHILDREN UNDER 11

1. Bennu Gereade, 10, OPS (8:29)
2. Sandra Burnstan, 10, UNDP (8:36)
3. Sherin El-Banhawi, 6, Egypt (11:28)
4. Amy El-Banhawi, 9, Egypt (12:21)
5. Jason Maynard, 4, The Bahamas (ran ½ mile)



Delegates and children display their T-shirts after the Sunday races.





*Above: Children aged 11-17 are off and running.
Below: One finisher is cheered by her fellow runners.*



PARTICIPATION IN THE NEW YORK CITY MARATHON

Over twenty members of the meditation group participated in the New York City Marathon on 22 October 1981. Mr. Yasu Shimizu, who works as a United Nations messenger, finished first in the group with a time of 3:03:15.



Members of the meditation group who finished the 26.2-mile New York City Marathon display their marathon medals.